



# THE INDISPENSABLE NEWS BULLETIN

## A Word from the Mayor

As I sit here at my desk, our summer is almost over and perhaps the best thing I can say about it is that no one is worried about a drought. Our lawns are lush and green so I guess we have that much to be thankful for at least.

As I am sure you all know, this summer marked the 400<sup>th</sup> Anniversary of Quebec City. The free concert given by Paul McCartney on the Plains of Abraham was an outstanding success, with over 250,000 people in attendance on a gorgeous summer night. This event received tremendous media attention around the globe and showed the rest of the world what we already

knew: that Quebec City is such a charming setting and is capable of hosting major events with class and warmth. Bravo to all the organizers!

In our own municipality, several projects will be completed by this fall. Among them are road works on Redmond Road and the construction of a new warehouse on municipal property adjacent to the military base. Our mandate has always been to provide the best services possible for our citizens while maintaining a low rate of taxation. The municipal council appreciates hearing any suggestions you may have, so do not hesitate to

inform them of any ideas that could benefit our community.

Have a good day!

*Brent Montgomery*



**SAINT-GABRIEL  
-DE-  
VALCARTIER**



**Discover and Celebrate  
the Jacques-Cartier  
With Us!**

**August 30<sup>th</sup> and 31<sup>st</sup>,  
2008**

### So It's a Date!

We are just days away from the MRC de la Jacques Cartier's *Discovery Event*. We are counting on you to come and share the wonderful history of our Municipality.

*Saturday, August 30<sup>th</sup> – Places  
of Worship, Places of Progress*

A guided bus tour is organized on the territories of Saint-Gabriel-de-Valcartier, Stoneham and Shannon. The

bus will be leaving from the Valcartier Community Center at noon to return for 5:00 pm.

*Sunday, August 31<sup>st</sup> – Country  
Fair held on the site of the Saint-  
Jacques-de-Tewkesbury Chapel*

Starting at 1:00 pm, come and enjoy a family atmosphere. Animation, arts and crafts, craftsmen and home-grown products, méchoui supper, dance show, traditional music and songs. Reservation obligatory for the méchoui at a cost of \$5 per person. Shuttle bus service available from the Valcartier Community Center at 3:50 pm.

For reservations or information, please call the MRC de la Jacques Cartier office at 418-844-2160.

For the complete program:  
**[www.mrc.lajacquescartier.qc.ca/  
decouverte.htm](http://www.mrc.lajacquescartier.qc.ca/decouverte.htm)**

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# Hazardous Household Waste Recycling Depot



The Municipality will offer, free of charge, a hazardous household waste recycling depot on **Sunday, September 7<sup>th</sup>, 2008** **from 9:00 a.m. to 3:00 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier). ***You must bring your dangerous materials to the depot location.***

*If you are not sure if a product that you would like to dispose of is on the list, bring it to the depot on collection day and the trained employees will help you.*

**Each container must be intended for residential use only.**

**All products must be in their original containers.**

**For safety reasons, do not mix products.**

During this collection, you may also bring used oil, used oil filters and oil containers (**non commercial use only**). This service is also offered free of charge throughout the year by the Municipality. Please call before dropping off your oil products. Thank you for your active participation in a healthy environment!

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



## PAINTS

### Paints:

sold by retail businesses (100 ml containers and larger)  
sold by wholesale businesses (170 L containers and larger intended for architectural use)

primers and paints (latex, alkyd, enamel and other)  
metal or anti-rust paint  
aluminium paint  
dyes  
varnishes  
lacquers  
products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)  
signalization paints (those available in retail businesses)

Aerosol paints

## ORGANIC HAZARDOUS HOUSEHOLD WASTE

Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.

## INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, batteries, pesticides and insecticides

## FLUORESCENT COMPACT LIGHTBULBS (CFL)

Only non broken bulbs without packaging

# Collection of Non-Household Waste (Dry Materials)

The weekly collection of non-household garbage will come to an end on Tuesday, November 25<sup>th</sup>. The Municipality will continue with a once monthly collection of these materials on the first Tuesday of each month, starting December 2<sup>nd</sup> until

February. Residents must continue to call the Municipality in order to register their requests for this collection.

It is important that the materials to be collected by the Municipality be set out

in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire must be rolled and tied, etc.).

Thank you for your collaboration.

# Collection of Household Garbage and Recyclable Materials

In order to facilitate the work of the contractor responsible for the collection of household garbage and recyclable materials, and to guarantee good service, here are some important tips:

1. You may place your rolling bins at the roadside the night before garbage and recycling collection day.
2. Leave a distance of **2 feet (0.6 meters) between the two bins, your mailbox and trees** to allow sufficient clearance for the truck's

side-loading mechanical arm.

3. Never leave anything on the cover of the bins.
4. Place your bins with the opening facing the road (wheels and handles facing the house). This will avoid damaging the bins and they may not be emptied.

We also ask that, for esthetic and security reasons, residents not leave their bins permanently at the roadside.

Did you know that 35.2% of your garbage bag is composed of recyclable materials?



Over 80% of residual waste could be deviated from the incinerator site if it were reused, recycled or recovered. To consult the complete list of recyclable materials, visit the municipal web site or come to the municipal office.

## Special Collection of Leaves and Branches

**Bags of leaves** will not be picked up during the weekly collection of household garbage. The Municipality will hold a special collection on ***Thursday, November 6<sup>th</sup>, 2008***. The bags of leaves should be placed by the side of the road in front of your residence.

In order to accommodate our residents, the **branches** that have fallen as a result of inclement weather will also be collected on ***Thursday, November 6<sup>th</sup>, 2008*** in restricted quantities. The branches must be left in piles on the side of the road. No reservation required.



## Rural Mail Boxes

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

## Winter Garages (temporary) and Snow Fences

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

Winter garages and snow fences are authorized in all zones, from **October 15<sup>th</sup> to April 30<sup>th</sup>**, as long as the following

conditions have been met:

- Winter garages must be located only on properties where a main building already exists;
- Winter garages may be located up to 3 meters (9.84 foot) from the road and must never encroach upon the public right-of-way;

- Winter garages must be constructed in a parking area or on an access route to a parking area;
- A minimum distance of 2 meters (6.56 foot) must be left between a winter garage and a fire hydrant.

## New Number for Info-Santé Health Services - 8-1-1

Since last May, only a 3-digit telephone number, 8-1-1, is needed to call Info-Santé. Easy to remember, this number can be called anywhere in Quebec.

Also, 8-1-1 allows you, in case of non-urgent problems, to reach a health

services professional more easily. They can answer everyday health questions, or direct you to the right place in the health and social services system.

This professional consultation phone service is available 24 hours a day, 7 days a week.

However, for all urgent problems, it is important to go to an emergency room or call 9-1-1 to obtain assistance (police, ambulance, fire department).



## Heating with Wood Stoves: Be Responsible!

### Safety tips

Enjoy the benefits of your wood fire in comfort just by taking a few simple precautions. Otherwise, in the blink of an eye, those warm friendly flames in your fireplace or wood stove could turn into a devastating fire. You can easily prevent dangerous situations such as chimney fires by taking the proper safety measures.

Here are some good tips on ways to burn cleaner wood fires.

Creosote - a crusty deposit left behind by the smoke that drifts up your chimney - can ignite into a dangerous fire when it builds up. To reduce its accumulation:

- Burn only clean, well-seasoned wood that has been split and dried properly. Dry wood lights faster, burns better and produces less smoke than "green" wood – a major culprit in creosote build-up.
- Think twice before you chop up that old coffee table and toss it into your wood stove. Burning garbage, plastic,

particleboard, plywood, salted driftwood or any other painted or treated wood releases a toxic cloud of chemicals and can build up creosote.

*Don't let a small spark ignite a big blaze...*

- The best way to start your fire is with newspaper and dry kindling. Never try to get a blaze roaring with gasoline, kerosene or charcoal starter – you will get more firepower than you bargained for.
- **Remove ashes from your stove or fireplace regularly and store them in a covered metal container in a safe area away from your house. The sparks in hot ashes can easily re-ignite fires.**
- Keep all household items – drapes, furniture, newspaper and books – away from the heat and the stray sparks of your woodstove or fireplace.
- Protect floors from sparks with a properly fitted screen around your

fireplace. A decorative screen does not provide protection.

*Detection devices save lives!*

Install carbon monoxide detectors and smoke alarms, as required by the *National Fire Code of Canada*, and keep a fire extinguisher nearby. You should never smell smoke in your house. If you do, it usually means your wood stove or fireplace system isn't venting properly – perhaps the chimney is blocked, a damper is faulty or the fireplace is competing with your range hood. Not only are these fire hazards, but they could also lead to deadly carbon monoxide poisoning.

### Chimney Cleaning

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

## Safe Environment for Halloween

On Halloween night (Friday, October 31<sup>st</sup>) in order to provide our children with a safe environment to do their trick-or-treating, the Fire Department will be out controlling traffic from 5:30 to 8:30 p.m.

The patrolled route is as follows:

Boulevard Valcartier, between civic numbers 1660 and the Dépanneur du Village; Morley Street; Domaine St-Gabriel; Place Leduc.

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

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

Come to the FIRE HALL to pick up these items before beginning your Halloween route:

- A trick-or-treat bag, kindness of Tim Horton's CFB Valcartier.
- A flashing pin
- A surprise!!!

*Parents, we suggest that you park your car in the Community Centre parking lot and do your trick-or-treating with your children on foot.*

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

This activity is made possible thanks to the collaboration of the Municipality, the Fire Department and the

Sports and Recreation Department of Saint-Gabriel-de-Valcartier.



Verify your candies with an adult before eating them!



# Sports and Recreation Program - Autumn 2008

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**Registrations must be received by September 8<sup>th</sup>, at the latest**

**FOR MORE INFORMATION**

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

## METHODS OF PAYMENT

**You must fill in the registration form on page 9.**

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

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

**Payment by check**: Payments by check must be made in one payment dated September 15<sup>th</sup>, 2008 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for September 15<sup>th</sup>, 2008 and the second for October 15<sup>th</sup>, 2008. For a check returned for insufficient funds, a fee of \$10 will be applicable and the payment will have to be made in cash.

**Taxes**: Taxes are included in the price when applicable.

## HOW THE COURSES FUNCTION

**Beginning of courses**: Courses will begin the week of September 8<sup>th</sup>, 2008 unless otherwise notified.

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

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

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

## Playgroup for Children Between 3 and 5 Years Old

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Recreational activities are offered to those children who are between 3 and 5 years of age. The goal of this group is to help children socialize through games, arts and crafts, songs, stories, etc. First come, first served! Children must be toilet trained.

**Place**: Community Center  
**Schedule**: Tuesday, Wednesday and Thursday from 9:00 a.m. to 3:00 p.m.  
**Duration**: 13 weeks from September 16<sup>th</sup> to December 11<sup>th</sup>  
**Cost**: \$230.00 twice a week  
\$330.00 three times a week

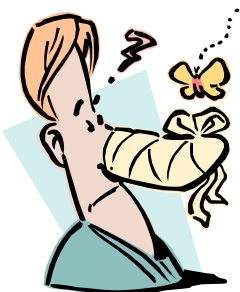
**Animators**:  
Sandra Woodbury and Jayne Doddridge

*You are more than welcome if  
you want to come and visit the  
Playgroup!*



## First Aid Courses

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The Sports and Recreation Department is offering you the opportunity to participate in first aid courses. We plan to offer these courses in October. For more information please contact the Sports and Recreation Department. Registrations before September 30<sup>th</sup>, 2008.

### Courses available:

#### CPR (Cardio Pulmonary Resuscitation)

Course reserved for 16 years and older.  
Cost to be determined.

#### Babysitting Course

Children who are 11 years and older are invited to register. The cost to participate is \$45. A minimum of 8 participants is required.



## Taekwon-do Club

The Taekwon-do Club is reserved for children of 6 years and older and adults.

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

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

- 1) Courtesy
- 2) Integrity
- 3) Perseverance
- 4) Self control
- 5) Courage

**Place:** Community Center  
**Schedule:** Tuesday and Thursday from 6:15 to 8:45 p.m. starting September 16<sup>th</sup>  
**Cost:** \$100 for intermediate and advanced  
 \$20 extra for non-residents (payable once a year)  
**Teacher:** Rock Soucy

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.

*Taekwon-do, a way of life!*

## Step

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

**Place:** Community Center  
**Schedule:** Monday and Wednesday from 7:00 p.m. to 8:00 p.m. starting September 15<sup>th</sup> for a period of 12 weeks  
**Cost:** \$30  
**Teacher:** Lise Larochelle

Men and teens are welcome. Rebate for students.



## Conditioning Room

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  
**Where:** Recreation Center  
**Schedule:** Monday to Friday from 6:00 to 11:00 a.m. and from 3:30 to 8:30 p.m. (Friday from 3:30 to 6:30 p.m.)  
**Cost:** \$30 per month (rebates for students (less than 25) and persons over 50 years of age: half price)



### 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

Non-residents : \$20 extra

+++GIFT IDEA+++  
*Special promotion for the month of September only:*  
 3 months: \$45 per person

## Quilting - Betty's Quilters

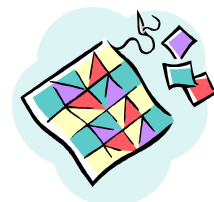
Welcome to new members! This activity is for adults and children of 12 years and older.

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

An exhibition of the works of art is scheduled once a year.

**Where:** Community Center  
**Schedule:** Monday from 7:00 to 9:30 p.m. starting September 15<sup>th</sup>  
**Cost:** \$35 for the year

Information evening the first Monday.



## Hip Hop (Street Jazz)



You are over 4 years old and you like to dance?  
Join our dance troop and participate in a dynamic end of session dance show!

**Where:** Dance room in the Recreation Center  
**Schedule:** Saturday (time to be confirmed according to registrations)  
**Duration:** 12 weeks starting September 20<sup>th</sup>  
**Cost:** \$70 (1<sup>st</sup> child), \$65 (2<sup>nd</sup> child), \$60 (3<sup>rd</sup> child)  
**Teacher:** Manon Gaudet

## Square Dancing

Come learn to square dance and have some fun! The date of the first evening is to be determined. This activity will take place only if a minimum of registrations is reached. The activity will take place on Friday from 7:30 to 10:00 p.m. The cost is \$8 per person per evening. Live musicians.

For information or registration, contact Debbie Chakour at 418-844-2273.

*Everyone is welcome!*

*No partner needed!*



## Wood Painting

Course reserved 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 choose your own stencil or pattern. Take advantage of these classes by completing pieces that you find more difficult.

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



**Where:** Community Center  
**Schedule:** Freestyle workshop every Wednesday from 6:30 to 9:30 p.m. starting September 17<sup>th</sup>  
**Cost:** \$15 per week  
**Teacher:** Manon Mailloux

For more information or to register:  
**418-844-1965**

## Club Ados

Hey teens! Club Ados is a place for you, where you can get together with your friends and make some new ones. The animators, with the participation of the teens, organize and plan many activities and outings. Energetic animators are always there to supervise but you are the ones who decide to have fun or not.

### WHO IS THE CLUB ADOS FOR?

- Teens between the ages of 11 and 17
- Teens from Saint-Gabriel-de-Valcartier
- Teens who want to have fun and make new friends
- Teens who would like to have information on various subjects
- Teens who want to speak and be listened to.

### THE CLUB ADOS MISSION

- Provide a place where teens can meet
- Provide prevention and awareness information
- Give the chance to teens to get involved in their community
- Listen to the needs of the teens
- Organize and plan activities

Our regular opening hours are on Thursday from 6:00 p.m. to 9:00 p.m., Friday from 6:30 to 10:00 p.m., Saturday from 2:00 to 10:00 p.m. Please take note that opening hours may vary in the summer time, for special activities or on school holidays. (The entrance for Club Ados is right beside the ball field.)

Visit the Club Ados section in the municipal web site to have a complete list

of activities for each month and to keep you up-to-date. For more information, contact the Club Ados or come for a visit. It will be our pleasure to welcome you. Parents are also welcome!

### The Club Ados Team:

Anne-Marie Daunais, coordinator  
Jonathan Lavallee, Sophie Genois,  
Geneviève Cournoyer, animators

**418-844-1327 / clubados@munsgdv.ca**



## Plan Sports et Loisirs Base Valcartier

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

The PSL allows you to benefit from various services. Your membership gives you access to the sports and recreation infrastructures at the Sports Center. For the complete program, visit the municipal Web Site in the section Sports and Recreation or come to the municipal office.

### REGISTRATION AUTUMN 2008-SPORTS AND RECREATION

**August 24<sup>th</sup> from 10:00 a.m. to 3:00 p.m. at Centre Exacta**

(There will be an extra charge after this date.)

The prices for Saint-Gabriel-de-Valcartier residents are (taxes included):

#### **Individual fees:**

- ♦ \$9 per adult;
- ♦ \$6 for teens (14 - 17 years old);
- ♦ \$4 for 6 to 13 year olds.

#### **Cost for 10 visits:**

- ♦ \$80 per adult;
- ♦ \$50 for teens (14 - 17 years old);
- ♦ \$30 for 6 to 13 year olds

#### **Individual Plan:**

- ♦ 6 months: \$79.37
- ♦ 1 year: \$144.93

#### **Family Plan:**

- ♦ 6 months: \$94.32
- ♦ 1 year: \$173.69

To register for the PSL, go to the Centre Exacta inside the General Headquarters (building 513) beside the Sports Center, in front of the fire hall between 8:00 a.m. to 9:00 p.m.

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

Spinning, aquaforme, aquajogging, 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

## Municipal Library

**An exchange of books took place in August, come and see our new books!**

Free membership card.

### **Opening hours until September 7th**

Monday / Wednesday: 7:00 to 8:30 p.m.

### **Opening hours starting September 8<sup>th</sup>**

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

Tuesday: 10:00 a.m. to noon  
6:30 to 8:30 p.m.

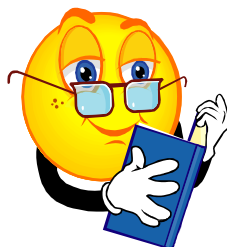
Wednesday: 6:30 to 8:30 p.m.

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

### **Summer Reading Club**

**Adventure is only a book away!**

Young readers, don't forget that the Summer Reading Club is ending September 30<sup>th</sup>. You may continue to earn points and get the chance to win prizes. The drawing will take place at the library on September 30th at 7:00 p.m.



### **Internet**

Two computers are available for members to access the Internet. Reservations are required and can be made at the library counter or by phone. A ten minute grace period will be allowed after which the reservation will be cancelled.

### **Loan Renewal**

You may renew your loan at the library counter, by phone or on the Internet.

**418-844-4040**

## Community Golf Tournament

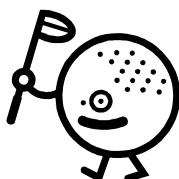
The Saint-Gabriel-de-Valcartier Sports and Recreation Department invites you to its Community Golf Tournament that will take place at the Centre Castor on September 21<sup>st</sup>, 2008.

**\$80.00 per person**

Continuous Mulligan play. This activity includes cart, supper and prizes.

To register please contact the Sports and Recreation Director. **Registration before September 12<sup>th</sup>, 2008.**

In order for this activity to take place, a minimum of 10 foursomes is required.



A special thanks to all volunteers who participated in the soccer league for children and adult softball. Thanks to those who collaborated in the preparation of Family Day. Also, a big round of applause for the Playground 2008 monitors! Those activities were a great success!

**Thanks to you!**





# Registration Form for Sports and Recreation Activities

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

### FORMULAIRE D'INSCRIPTION AUTOMNE 2008 - REGISTRATION FORM AUTUMN 2008

#### IDENTIFICATION DE LA FAMILLE - FAMILY IDENTIFICATION

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

#### IDENTIFICATION DE LA PERSONNE QUI RECEVRA LE RELEVÉ 24 (obligatoire pour ateliers aux amis et bouts de chou)

#### IDENTIFICATION OF THE PERSON WHO WILL RECEIVE THE RELEVÉ 24 (obligatory for activities for children under 16)

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

#### INSCRIPTION - REGISTRATION

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

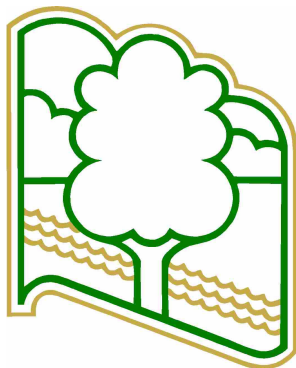
J'autorise la direction du Service des sports et loisirs de Saint-Gabriel-de-Valcartier à intervenir en cas de blessure ou de malaise.

I authorize the management of the Sports and Recreation Department of Saint-Gabriel-de-Valcartier to intervene in case of a medical emergency.

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

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

Réservé à l'administration - For office use only			
Total payé Total paid	Chèque-Cheque Argent comptant-Cash	Date	Initiales Initials



**SAINT - GABRIEL  
- DE -  
VALCARTIER**

1743 Boulevard Valcartier  
Saint-Gabriel-de-Valcartier, QC  
G0A 4S0

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

**Together, in the Heart  
of Nature**

**NEXT EDITION OF  
THE BULLETIN:  
DECEMBER 2008**



## Religious Masses and Services

### Christ Anglican Church

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

### St-Andrew's Presbyterian Church

September 20<sup>th</sup> - Annual Turkey Supper at the  
Valcartier Community Center from 5:00 to 7:00  
p.m.

#### *Services:*

September 21<sup>st</sup> at 10:00 a.m.

October 19<sup>th</sup> at 10:00 a.m.

November 16<sup>th</sup> at 10:00 a.m.

December 21<sup>st</sup> at 7:00 p.m.

### St-Andrew's United Church

September 7<sup>th</sup> at 10:00 a.m.

October 5<sup>th</sup> at 10:00 a.m.

November 2<sup>nd</sup> at 10:00 a.m.

December 7<sup>th</sup> at 10:00 a.m.

### St-Gabriel's Catholic Church

Sundays at 9:30 a.m.

Thursdays at 7:00 p.m. starting October 2<sup>nd</sup>



## Bike Rodeo and Safety Fair

**August 31<sup>st</sup> from 10:30 a.m. to 3:30 p.m.**

In conjunction with the Lotopompier 2008, the Municipality of Saint-Gabriel-de-Valcartier, the Sports and Recreation Department, the Fire Department and the Sûreté du Québec invite you to a special day of family activities at the Fire Hall located at 1745 Boulevard Valcartier.

Help support the Quebec Firefighters Foundation for Major Burn Victims. You may also purchase your Lotopompier ticket from the firefighters who will be fundraising on Boulevard Valcartier in front of the fire hall.

### ACTIVITIES

Fire Hall Open House and exposition of vehicles  
as well as a boat from the Sûreté du Québec's  
Search and Rescue Team

Family Bike Ride (22 km) leaving at 11:00 a.m.

Bike Rodeo (test your bike and safety skills)

SQ Bike safety and helmet check

SQ Bike engraving (need parent's drivers licence  
number)

CAA Child car seat check (the child must be  
present) from 10:30 to 12:30

Children's photo session dressed as a firefighter!

Face painting...and more!!!

## Calendar of activities - Cut-Out Memorandum

### August

30 and 31 - Discovery Event - MRC

31 - Bike Rodeo and Safety Fair / Labour Day BBQ

### September

7 - HHW Depot

8 - Last chance to register for Sports and Recreation Activities

16 - Playgroup starts

21 - Community Golf Tournament at Centre Castor

30 - End of Summer Reading Club and drawing

30 - Last chance to register for first aid courses

### October

31 - Halloween Safety Route

### November

6 - Special collection of leaves and branches

25 - Last weekly collection of dry materials

**Visit our web site :**

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

