

SAINT - GABRIEL  
- DE -  
VALCARTIER

Volume 6 | Issue 1

DECEMBER 2012

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PLEASE TAKE NOTE  
THAT THE MUNICIPAL  
OFFICE WILL BE  
CLOSED FOR THE  
HOLIDAYS FROM  
MONDAY,  
DECEMBER 24<sup>th</sup>  
TO WEDNESDAY,  
JANUARY 2<sup>nd</sup>  
INCLUSIVELY

OLD-FASHIONED  
CHRISTMAS  
TREE LIGHTING  
DECEMBER 16<sup>th</sup>  
Invitation and  
program  
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# THE INDISPENSABLE NEWS BULLETIN



MAY THIS PERIOD FOR REJOICING  
BRING WARMTH AND COMFORT TO  
YOUR HEART, JOY AND HAPPINESS TO  
YOUR LIFE , HEALTH AND PEACE IN  
EVERY MOMENT.

## A MESSAGE FROM THE MAYOR

After numerous interventions and meetings between the Municipality and the Transport Ministry, major improvement works were completed on 5<sup>th</sup> Avenue (Route 371). This project was estimated at two million dollars and will be much appreciated by residents in that sector. Also completed were works on Murphy road as part of council's road improvement plan.

As I am sure everyone has noticed, construction of the residence for seniors and persons with slightly diminished autonomy has begun. This project will be completed by June 2013 and will open for residents by July 1<sup>st</sup>. This project will certainly be appreciated by the community and is eagerly anticipated.

In collaboration with the MRC, bus services will be available on our territory. This service will have two departing trips in the morning and two return trips in the afternoon. The three stops will be the community center, the RTC terminals in Loretteville (Caron and Racine) and the zoo. This will be available in January and will enable users to connect with city buses at the aforementioned terminals. The bus will be a new, 40 passenger with air-conditioning, captain seats, free Wi-Fi and will also have a rack for bicycles. Your municipal council has committed to this project for a three year period because we believe in offering as many services to the population as possible and hope it will be useful for our citizens.

Our annual volunteer appreciation night will be held

on December 6. I cannot stress how important our volunteers are in making our community what it is today. I hope all volunteers enjoy this evening as a thank-you for all their dedication and hard work.

In closing we were saddened to hear of the recent passing of our former mayor Lewis Jack. He was mayor of our Municipality for 19 years from 1969 to 1988 and contributed greatly to the growth and well-being of the community. We extend our most sincere condolences to the family.

Holiday wishes to one and all, along with peace, happiness and health!

Brent Montgomery

## OLD-FASHIONED CHRISTMAS TREE LIGHTING - SUNDAY DECEMBER 16<sup>TH</sup>

The Municipality is pleased to invite all residents and their families to the Old-Fashioned Christmas Tree Lighting activities on Sunday, December 16<sup>th</sup> from noon to 4:30 p.m. at the Valcartier Community Center, located at 1743 Boulevard Valcartier. Come and enjoy an extraordinary day filled with free activities. Bring a cold lunch and we will provide the hot soup!

We look forward to seeing you at this fun-filled day!

Thank you to all our volunteers and participating organizations who help to make this family day a success.



### ACTIVITIES

#### 12 pm (noon)

Outdoor activities, skating, sliding, inflatable games plus free soup and hot chocolate

#### 1:30 pm

Face painting and crafts

#### 2:30 pm

Hip-Hop Dance Show

#### 3:00 pm

Santa arrives!

#### 4:15 pm

Lighting of the Christmas Tree and carols

#### 4:30 to 6:00 pm

Hockey scrimmage

### CONTEST!

*Wear a Christmas hat and get the chance to win a great prize at a special drawing! Come get your ticket in the Community Center kitchen!*

## CHRISTMAS STORY AT THE LIBRARY

Santa Claus is coming to town! Come to the library on Friday, December 14<sup>th</sup> at 6:30 pm to listen to a special Christmas story. Come and join us in your pajamas and bring your favourite teddy and blanky. Hot chocolate and cookies will be served after the story. But most of all, don't forget that Santa will be at the Community Center on Sunday December 16<sup>th</sup>.

So write your letter and bring it with you to the library and we will make sure Santa receives it!



## OASIS CHRISTMAS HAMPERS CAMPAIGN

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 14<sup>th</sup> so that we can ensure that all those in need may benefit from this service. Food hampers will be distributed on December 20<sup>th</sup>. 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 November 26<sup>th</sup> to December 16<sup>th</sup> : at the Municipal office, one of the two elementary schools or at the Grandeur Nature Daycare Center.

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)

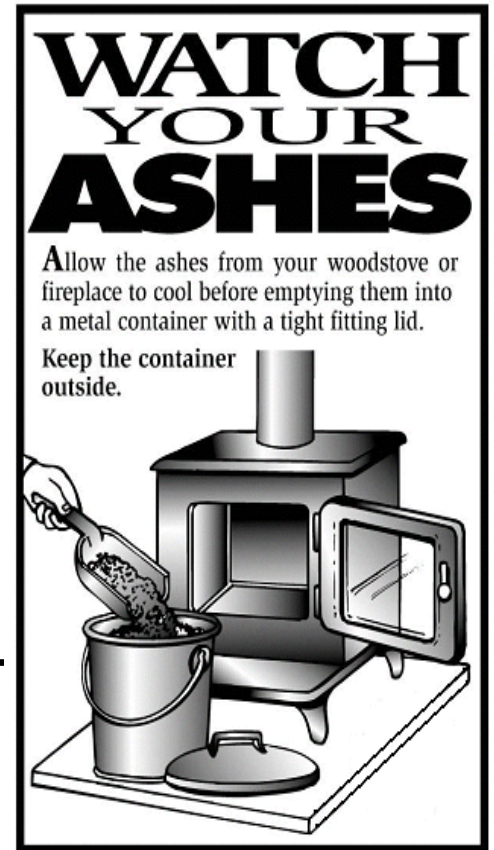
Monique or André Jutras at 418 844-1832 (please leave a message)



## DRYER FIRES

Here's how to avoid dryer fires :

- ◆ Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum.
- ◆ Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily.
- ◆ Do not run the dryer without a lint filter.
- ◆ You are strongly encouraged NOT to leave the dryer running if you go out, in case it malfunctions.



## SNOW REMOVAL

The following telephone numbers can be of use if you have any questions or comments pertaining to snow removal on regional roads:

Ministry of Transportation

Boulevard Valcartier: from n° 1600 to 1860

5<sup>th</sup> Avenue: up to the Tewkesbury limit

To reach the MTQ : 418 643-6903

For all other roads within the Municipality:

418 844-1218

or after business hours:

418 844-0911



## WINTER DRIVING

1. **Roads are slippery in winter!** Keep your distance, reduce your speed and signal your intentions early, because when it is cold out, tire grip decreases.
2. **Distance between vehicles.** Regardless of your speed, it is recommended to always keep a safe distance, representing a time lapse of about two seconds, between you and the vehicle in front of you and to increase this distance in bad weather.
3. **Snow.** Before getting on the road, make sure to sweep your vehicle's windows, headlights and windshield wipers clear of snow. For example, the snow accumulated on your hood could suddenly detach itself and impair your visibility or that of another driver which could cause a collision.
4. **Winter tires, the law is clear.** From December 15<sup>th</sup> to March 15<sup>th</sup>, taxis and passenger vehicles registered in Quebec must be equipped with snow tires designed for winter driving since these increase the grip of the vehicle on snowy or icy roads.

Source:



## GOOD NEIGHBORHOOD RELATIONS

Living in society involves accepting a certain level of inconvenience. However, not everything has to be tolerated, and you do not have to accept damage caused by a neighbour's bad faith or lack of care. The Civil Code provides a framework for maintaining good relations between neighbours.

• Property limits and boundaries

- Access to your property
- Protection of another person's property
- Encroachment
- Direct views
- Right of way
- Water runoff
- Fencing your land
- Common fences
- Trees
- Noise

For more information on each of these sections, you can visit the website below. Also, don't forget that discussion is often the best way to deal with an irritating neighbor!

Source : *Quebec Ministry of Justice*  
<http://www.justice.gouv.qc.ca/francais/publications/generale/voisin.htm#haut>

Or search 'Being a good neighbor' in Google

## JANUARY - DOG LICENSE 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 1<sup>st</sup> to December 31<sup>st</sup>. The cost of the license applies to each dog and is determined in the following manner:

\$10 for 1<sup>st</sup> dog

\$20 for 2<sup>nd</sup> dog

\$30 for 3<sup>rd</sup> dog

\$150 for a kennel or 3 or more dogs

Each year, the S.P.A. of Quebec receives thousands of stray animals and the majority of these animals do not wear any identification. 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, immediately contact the Municipality and the Quebec S.P.A. at 418 527-9104 during business hours.

Don't forget to come by the municipal office to purchase a license for your dog as of January 3<sup>rd</sup>.



## 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.

Thank you for your cooperation.

## OUTDOOR WINTER STORAGE

### 11.3 OUTDOOR STORAGE OF FIREWOOD

The outdoor storage of firewood for non-commercial reasons (personal usage for a main building) is authorized on a property where there is a main building. The storage must respect all of the following conditions:

- a. The wood must be properly piled and corded ; it may at no time be left in a bulk pile on the property except for a maximum continuous period of 30 days ;
- b. The storage of firewood must be done in the side or back yards of the property at a minimal distance of 2 meters (6'6") from the property line, except if an impervious fence or hedge conforming to the present by-law is installed between property line and the cord of wood. The maximum fence height is 2 meters (6'6");

c. The storage of firewood must not obstruct a window, door or exit nor be located underneath the aforementioned ;

d. The maximum height of a firewood storage pile is 2 meters (6'6") .

A firewood shed may be installed on a property where a residential building is situated conforming to the present by-law.

The outdoor storage of firewood is authorized on a vacant lot located in a zone other than residential. The wood must be properly piled, corded and stored at a maximum height of 2 meters (6'6") and must respect the siting standards prescribed by the concerned zone.

### 11.4 OUTDOOR STORAGE OF RECREATIONAL VEHICLES

The outdoor storage of recreational vehicles such as trailers (motorized or not), tent-trailers, snowmobiles, motorcycles, watercraft, recreational-craft

is authorized on a property where a residential building is situated, under the following conditions:

- a. Must be located in the side or back yards at a minimal distance of 2 meters (6'6") of the side and back property lines; if it cannot otherwise be located, it can be partially stored in the front yard at a minimal distance of 2 meters (6'6") from the side property line without overlapping more than 2 meters (6'6") on the front yard measured from the front wall of the residential building;
- b. Vehicles must be in working order and must be registered for travel on roadways, trails or water for the year.

A snowmobile, watercraft, motorcycle or all other recreational vehicles must be stored indoors or may not be visible from the road during their respective off-seasons in Quebec.

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## CONDITIONS CONCERNING SNOW AND ICE

### ARTICLE 8.1 Snow and ice on public land

- 8.1.1 It is prohibited for any person to throw or to dispose of snow or ice on any public land, park, walkway or any other public place.
- 8.1.2 It is prohibited for any person to throw or to dispose of snow or ice onto sidewalks or trails in a way that restricts the area available for pedestrians following snow-removal by the Municipality or by the contractor who carries out this task.
- 8.1.3 It is prohibited for any person to throw or dispose of snow or ice into a public right of way in such a way that the snow or ice may obstruct the view of a road sign, the minimum clearance from a fire hydrant (1.20 m.) or the visibility triangle as defined in the zoning by-law.
- 8.1.4 It is prohibited for any person to throw or dispose of snow or ice in any roadway suited for vehicles or on the sides of these roads.

- 8.1.5 It is prohibited for any person to throw or to dispose of snow or ice into watercourse or ditches.

### ARTICLE 8.2 Public works / road maintenance

The people responsible for the snow removal within the limits of the Municipality may blow, dump or dispose of snow onto sidewalks / walkways or onto private land, as long as all necessary precautions have been taken in order to avoid all personal or property damages.

### ARTICLE 8.3 Abrasives

- 8.3.1 It is strictly prohibited for any person to remove or cover, in any way, any sand or other abrasive substance spread out on the sidewalks, walkways, streets or public lands.
- 8.3.2 It is prohibited for any person to dispose of or to allow the disposal of any substance that could leak onto any road, sidewalk, walkway or public place, or that could freeze and form ice or produce uneven surfaces on sidewalks or walkways, streets or public lands.

## POSITIONING OF ROLLING BINS

The positioning of rolling bins on the day of garbage/recycling collection often poses a problem for snow removal contractors affecting their ability to properly carry out their task.

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.

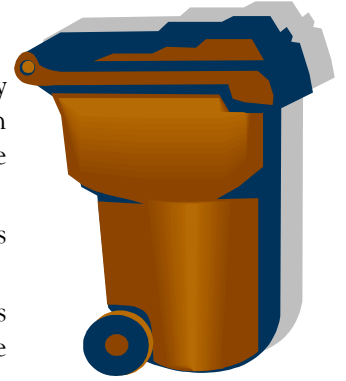
\* You can place your bins at

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.

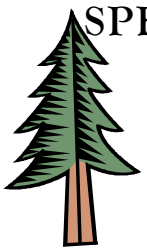


## NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

During the winter season, collection of non-household waste is held **once monthly** on the first Thursday of the month (**December 6<sup>th</sup>, January 3<sup>rd</sup>, February 7<sup>th</sup> and March 7<sup>th</sup>**). Therefore, the **last weekly pick up** will be held on Thursday, **November 29<sup>th</sup>**. We would like to remind you that you must call the Municipality at **418 844-1218** to register for this service. You may also register on the Municipality's website under the «Online Request» section.

## GARBAGE AND RECYCLING COLLECTION—HOLIDAY SCHEDULE

We would like to advise you that the contractor carrying out this service in our Municipality every Friday has advised us that there will not be any modifications to our regularly scheduled pick ups during the holidays.



## SPECIAL CHRISTMAS TREE COLLECTION

During the week of January 7<sup>th</sup>, the Municipality will offer a special pick up of natural and artificial Christmas trees. Please register for this service by calling **418 844-1218** by **January 4<sup>th</sup>, at the latest**.

## ANNUAL BOTTLE AND CAN DRIVE - JANUARY 5<sup>TH</sup>

The Saint-Gabriel-de-Valcartier Taekwon-Do Club will hold its annual bottle and can drive on **Saturday, January 5<sup>th</sup>, 2013 starting at 9:00 a.m.** If you would like to donate refundable bottles or cans, you can leave them at the end of your driveway or on your porch and Club members will pick them up during the day. For our volunteers' security, please keep your dogs on a leash that day.



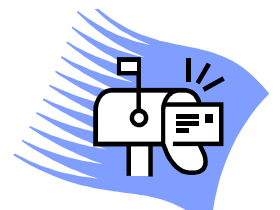
Please note that cash donations are also appreciated and that all proceeds will go to the Club to help defray training and competition costs.

Thank you for your contribution!



## RURAL MAILBOXES

Rural type mailboxes 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 mailbox is installed securely and that it does not interfere with the winter maintenance of roads.





## DEPOSIT OF NEW ASSESSMENT ROLL FOR 2013-2014-2015

### The assessment roll and you!

The three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier for the years 2013, 2014, 2015 was deposited on the 26<sup>th</sup> of October 2012 by the evaluation firm Groupe Altus. Public Notice of this deposit was published on October 29<sup>th</sup>, 2012. Those interested may consult the roll at the Municipal office from Monday to Friday from 8:30 am to noon and from 1:00 to 4:00 pm.

According to the *Ministère des Affaires municipales de Régions et de l'Occupation du territoire* (MAMROT), here are the most frequently asked questions regarding municipal property assessment as well as their answers.

### What is an ASSESSMENT ROLL?

The assessment roll is a resume of 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 every property based on its real value.

### What is the REAL VALUE?

The real value or market value of a property is its exchange value on the free and open competitive market. In other words, it is the most probable price that a buyer will accept to pay if the property were for sale.

### WHEN does an assessment roll come into effect?

The assessment roll comes into effect on

the 1<sup>st</sup> of January of the first exercise for which it is prepared.

### What is the DURATION of the roll?

The evaluator prepares the assessment roll every three years and for three consecutive financial exercises.

This means that unless modifications are made to the property, its real value registered in the roll remains the same for the duration of the roll, being three years.

### Can the assessment roll be MODIFIED during these 3 years?

At its updating, the assessment roll may be modified for various reasons, notably in the cases of renovation or expansion of a property.

## NEW PUBLIC TRANSIT SERVICE AS OF JANUARY 21<sup>st</sup>



### Routes and proposed services

#### Departure:

- Boulevard Valcartier in front of Village Vacances Valcartier
- Stop at the parking lot of the Municipal Complex where transit users may leave their cars.

#### Route:

- RTC terminal in Loretteville (Caron and Racine intersection)
- Zoo terminal in Charlesbourg (where it will be possible to transfer to the RTC transit service in the direction of the Parliament Hill or the Ste-Foy area), according to RTC and TCJC schedules.

#### Vehicle:

- Equipped with captain seats, air-conditioning and free on-board WIFI service allowing the optimization of travel time to work or school.
- In season, the vehicle will be equipped with a bike rack which will allow users to combine public transit and physical activity!

### Fees and points of sale

- Cost of \$3.50 per trip
- Monthly TCJC pass for \$70 per month (\$50 for students and seniors).
- For sale at the municipal office as well as at the *Dépanneur du Village* (Ultramar).
- Metropolitan bus passes will allow you to use both the TCJC services as well as the RTC and other metropolitan transit services (STLévis, Québec-Lévis Ferry, PLUMobile) are also available at certain locations in Québec.

All information regarding fees and conditions of use of the passes are available on the TCJC website at [tcjacquescartier.com](http://tcjacquescartier.com).



### Preliminary Schedule

(The valid schedules will be available at [tcjacquescartier.com](http://tcjacquescartier.com)) in effect as of January 21<sup>st</sup>, 2013 :

#### Departure from Saint-Gabriel-de-Valcartier (to Québec) :

6:40am & 8:20am

#### RTC Terminal

(intersection Caron / Racine) :

6:55am<sup>2</sup> & 8:35<sup>2</sup>am

#### Zoo Terminal (avenue du Zoo) :

7:10<sup>1</sup>am & 8:50<sup>2</sup>am

<sup>1</sup> Transfer TCJC with route 2 et 3 : arrival Parliament building 8:00, Cégep 7:45, details of all service points on the website.

<sup>2</sup> RTC transfer possible

#### Departure from the Zoo Terminal (to the Municipality):

4:00pm & 5:20pm<sup>1</sup>

RTC Terminal (Caron/Racine intersection) :

4:15pm & 5:35pm

Arrival at Saint-Gabriel-de-Valcartier:

4:30pm & 5:55pm



**T**he Jacques-Cartier Christmas Market will be held for the third year on December 7, 8, and 9, as well as the 14, 15 and 16 in the area surrounding the Grange du Presbytère de Stoneham.

Following the success of the market from the past two years, the Municipality of the United Townships of Stoneham-and-Tewkesbury, in collaboration with the MRC de la Jacques-Cartier once more invites the Greater Quebec population to this winter rendezvous! The Jacques-Cartier Christmas Market is a community meeting place allowing everyone the chance to discover the products, the creativity and the talents of our region. More than 20 producers, artists and artisans from the MRC will greet you

in festive ambiance! Music, Christmas lights, roving entertainment, shows, creative workshops and outdoor sports activities await you!

#### Events not to be missed include:

- Santa's arrival as of 2 p.m. on Saturday, December 8<sup>th</sup>;
- Alpine chalet's *hockey bottine* tournament on Saturday, December 8<sup>th</sup> as of 10 a.m. on the Stoneham ice rink.
- The semi-finals and finals take place on Sunday, December 9<sup>th</sup>.
- On Sunday December 9<sup>th</sup> at 1:30 p.m.: Christmas stories in the church by Isabelle Rivard.
- The concert presented at the Stoneham church on the evening of Saturday, December 15<sup>th</sup> by

Cantons Culture : ILIOS - solstice songs with the STRADA ensemble ([www.strada.ca](http://www.strada.ca)).

- Friday «eat and disco dance on the rink» nights!

For more details on the schedule, check your mailbox or advertisements in local newspapers, visit the website or follow the Stoneham municipality's Facebook page.

The Jacques-Cartier Christmas Market is made possible again this year thanks to the support of the MRC, among others, which offers financial assistance by means of the «Pacte rural».

For information or to reserve (artisans):  
[nlandreau@villestoneham.com](mailto:nlandreau@villestoneham.com)

## RE-USE REPERTOIRE

### Buy Smart! Buy Used!

Do you need to buy new appliances but your budget won't allow for it? As winter nears, your daughter is asking for new skis as your son, recently was accepted to university, needs furniture for his new apartment. How can it all be done?

Developed by the Communauté métropolitaine de Québec (CMQ), the *Bottin du réemploi* ([www.reduiremesdechets.com](http://www.reduiremesdechets.com)) (French website only) was made with you in mind. It lists close to 350 businesses where you can purchase many used everyday items at reasonable prices: clothing, sports equipment, furniture, appliances, tools, toys, computers, books...

The *Bottin du réemploi* allows you to

search by the type of item needed and the area in which you would like to buy it, no matter where you live on the territory of the CMQ north shore (27 municipalities between Sainte-Catherine-de-la-Jacques-Cartier and Saint-Tite-des-Caps, including the 6 districts of Quebec). The lists will provide you with the name, address, telephone number and website of companies. You may also print out a PDF file of your search to keep at home.

What's more is that the *Bottin du réemploi* tells you where you can donate, in your area, a multitude of items you

no longer need but are still in good condition. You can also find where to take your leftover paint, your batteries and other hazardous household waste.

Reusing means giving a second life to useful items. By donating items that are still in good condition, you help people or organizations and contribute to the reduction of the disposal of goods that could still be useful. By buying used items that are still in good repair, you save money. Who could ask for more?





## COMMUNITY SERVICES AT THE DAY CENTER

**Did you know that** the Community Day Center just celebrated its 20th anniversary?

**Did you know that** the main purpose of the day center is to keep you active and healthy as long as possible allowing you to enjoy your home and your family for as long as possible?

**Did you know that** once a week a dedicated staff comes to the Valcartier Community



Center to offer you health information and physical activities (exercise), as well as activities to stimulate your brain cells? All of this is offered in a humorous and fun-filled environment.

**Did you know** that to be eligible to come to the day center you only have a small step to take, call 418 684-5333 and ask about our services?

**If you would like more information**, and want to see for yourself that the Day Center is a fun place to be, please come and take a look around. The staff will be more than happy to meet you and answer all of your questions.

## THE CBJC IMPROVING THE HABITAT OF THE TROUT

**Sainte-Catherine-de-la-Jacques-Cartier, September 26<sup>th</sup>, 2012** – The Corporation du Bassin de la Jacques-Cartier (CBJC) has again improved the facilities on the waterways of the territory in order to improve the habitat of the trout (brook trout).



First of all, in partnership with the Club Agro-environmental de la Rive-Nord (CARN), the Sainte-Jeanne brook, tributary of the *Rivière aux Pommes*, was cleaned up on a distance of almost 1 km. Four complexes with spawning thresholds, two energy dissipating thresholds and deflectors were built. A stabilization of the banks including the planting of more than 1000 trees was completed. This project was made possible thanks to the *Fondation de la faune du Québec*, Syngenta and the RBC Blue Water project, *Fondation Héritage Faune*, *Programme Prime-Vert* of the *Ministère de l'Agriculture, des Pêcheries et de l'Alimentation* du Québec (MAPAQ) and funds from the Truites de Donnacona, Pont-Rouge and Catshalac hunting and fishing associations.

Next, the CBJC was mandated by *Héritage Faune* to build facilities on the *Rivière Charland* in Saint-Augustin-de-Desmaures. It consisted in the creation of 3 complexes of thresholds with spawning, nursery and rest areas. These facilities are an integral part of the interpretation trail conceived by the *Fédération des chasseurs et pêcheurs* and are located in proximity to their head office. We would like to thank the students of the Duchesnay Forestry and Wood Technology School who participated in the lifting of many, many rocks!



For more information, you may consult the CBJC website at [www.cbjc.org](http://www.cbjc.org) or contact Mrs. Helena Baron-Gauthier, project director, at 418-875-1120.

## MEALS ON WHEELS AND OTHER SERVICES - Comfort when you need it!

**Meals on wheels offers more than just meals and services**

- Regular and balanced nutrition
- A feeling of security
- A feeling of support
- A helping hand
- A source of information
- Solidarity and friendship



**Other services...**

- Transportation and accompaniment

for medical appointments

- Friendly visits if you live alone

**Who is it for?**

**Persons who are:**

- Seniors or persons with some loss of autonomy
- Convalescing
- Having difficulty with getting proper nutrition

**Territory**

- Saint-Gabriel-de-Valcartier

**When?**

Meals are prepared by the Auberge du

Mont St-Sacrement and delivered from Monday to Friday between 11:15 and 12:30.

**Who do I call?**

To receive meals on wheels or to offer your services as a volunteer, please call **418-845-3081** between Monday and Friday.



# SPORTS AND RECREATION - 2012-2013 WINTER PROGRAM

**Registration period: January 3<sup>rd</sup> to 7<sup>th</sup>**

FOR MORE 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.saintgabrieldevalcartier.ca](http://www.saintgabrieldevalcartier.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 (debit card) are accepted.

**Payment by check:** Payments by check must be made in one payment dated January 15<sup>th</sup>, 2013 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 15<sup>th</sup>, 2013 and the second for February 15<sup>th</sup>, 2013. 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 7<sup>th</sup>, 2013 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 a.m. to 3 p.m.

**Duration:** 12 weeks from January 8<sup>th</sup> to April 1<sup>st</sup>

**Cost:** \$230 twice a week  
\$330 three times a week

Please note that Playgroup will be closed during March Break (March 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>).



## 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 14<sup>th</sup>

**Cost:** \$ 15 for the session

Information session on the first Monday evening.



## Municipal Library - Must Reads

**ADULT:** *The Beautiful Mystery*

-Louise Penny

**YOUNG ADULT:** *Radiance, Books 1-4*

-Alyson Noel

**CHILDREN:**

*The Strange Case of the Origami Yoda*

- Tom Angleberger



## MUNICIPAL LIBRARY (418 844-4040)

*There was a book exchange in November.*

*Come see what's new!*

*Membership is free.*

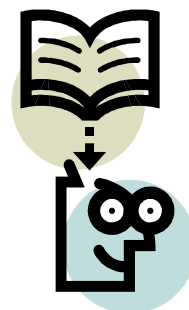
### Opening hours

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



*The Library will be closed during the Holidays from December 20<sup>th</sup> to January 4<sup>th</sup> inclusively.*



## GYM

(closed from December 22<sup>nd</sup> to January 2<sup>nd</sup>)

### NEW SCHEDULE AS OF JANUARY

**Clientele:** 14 years and older

**Schedule:** Monday to Friday 6:00 a.m. to 12:00 p.m.  
Monday to Thursday 3:00 to 8:30 p.m.  
Friday 3:00 to 6:30 p.m.  
Saturday 7:00 a.m. to 12:00 p.m.

**Where:** Sports Center

**Cost:** \$30 per month (rebates for students and Persons over 50). Package rates are available.

### PRICE LIST

1 month : \$30 / person or \$40 / family\*  
3 months : \$60 / person or \$80 / family\*  
6 months : \$110 / person or \$140 / family\*  
1 year : \$200 / person or \$260 / family\*  
\*family : adults and children/students 14 to 25 years of age

Students (14 to 25), volunteers and persons over 50 :  
➔ 50% off (does not apply to session cards)

1 session : \$5 / person  
Card for 20 sessions : \$60 / person  
Non-residents : \$20 extra

## 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 complete program, please go to [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca) under the Sports and Recreation section or consult the program which was sent by mail in November.

### 2012-2013 WINTER REGISTRATION

November 18<sup>th</sup> to December 1<sup>st</sup>

Information regarding PSL : 418 844-5000, ext. 5226



## HOCKEY

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

## ICE SURFACES

Three ice surfaces are available to residents this year (1 rink for recreational hockey, 1 skating trail for recreational family skating and 1 mini hockey rink for younger kids).

Take out your skates and get healthy and fit!

(Official opening as soon as weather allows it)

Monday to Friday: 1:00 to 10:00 p.m.

Saturday and Sunday: 12:00 to 10:00 p.m.

Holiday schedule: 12:00 to 10:00 p.m. (Dec. 22 to Jan. 5)

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

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

Please note that certain skating surfaces can be reserved by schools or other organizations during weekdays.

(For reservations, please call Pamala Hogan Laberge)

### 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 onto skating surfaces



ANY INFRACTION TO THESE RULES COULD  
RESULT IN EVICTION FROM THE PREMISES

## SLIDING AREA



A sliding area will be 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:** Adults and children aged 6 or older

**Where:** Community Center

**Schedule:** Tuesday and Thursday from 6:30 to 7:45 and 7:45 to 9:00 p.m. starting January 8<sup>th</sup>

**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 6:30 p.m. Parents, why not sign up with your child?

For information contact Rock Soucy at 418 948-8904.

\*Don't forget the bottle and can drive on Saturday, January 5<sup>th</sup>.

**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 26<sup>th</sup>

**Cost\*:** \$90 (1<sup>st</sup> child)  
\$85 (2<sup>nd</sup> child)  
\$80 (3<sup>rd</sup> child)

**Where:** At Club Ados

**Instructor:** Manon Gaudet  
418 844-3491



\*Please note that dance lessons are payable directly to Manon Gaudet at the first class.

**STEP**

(14 years and older)

**Where:** Community Center

**When:** Mondays & Wednesdays

**Schedule:** 7 to 8 p.m.

**Duration:** 12 weeks as of January 7<sup>th</sup>

**Cost :** \$30

**Instructor :** Lise Cauvier

Men and teenagers are welcome! 50% rebate for students. Class size is restricted to a maximum of 30.



ZUMBA distinguishes itself from traditional aerobic training methods by its predominant «zest for life» accent. The ZUMBA philosophy is to allow you to be fit, to see your energy levels increase, to strengthen your muscles and improve your flexibility and cardiovascular capacity by moving to exotic rhythms.



**TRIAL SESSIONS FREE OF CHARGE  
ON JANUARY 15<sup>th</sup> AND 17<sup>th</sup>  
Beginners welcome!**

**Where:** Community Center  
**When:** Tuesday and Thursday (session starts on January 22<sup>nd</sup>)  
**Schedule:** 5:30 to 6:30 p.m.  
**Cost:** \$10/course or \$90/10 course card  
**Teacher:** Patrick Parent

**ENERGY BALADI 55+**

**Where:** Community Center (Teen Club room)  
**Schedule:** Friday  
55+(beginner): 10:30 to 11:45 a.m.  
**Duration:** 10 weeks beginning on January 18  
**Cost:** \$135 (registration fees are payable directly to the teacher)  
**Teacher:** Joelle Durand

Email: baladi.energie@gmail.com

**What you need:**

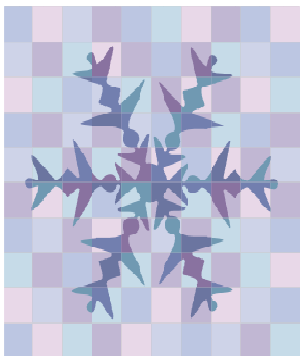
- Comfortable clothing
- Water bottle
- Scarf to tie around your hips or baladi belt

Please note: There is a minimum of 6 and a maximum 10 registrations for this course.



**COME DEMISTIFY POPULAR BELIEFS! TRY ENERGY  
BALADI FOR BEGINNERS FREE OF CHARGE ON  
JANUARY 14<sup>th</sup> FROM 6:00 TO 9:00 P.M.**

# TEEN CLUB



WINTER TEEN CLUB ACTIVITIES,  
Ask one of the club animators  
about all the winter activities  
being offered this year.

**SKI-SNOWBOARD-CHRISTMAS**

**DINNER**

We also invite teens and parents to bring forth and  
present your great ideas to our team of animators!

## TEENS!

You're looking for a place to:

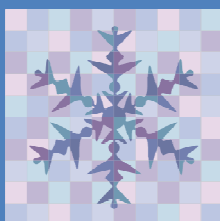
- 😊 Watch a movie with friends;
- 😊 Play pool, Ping-Pong or Wii;
- 😊 Get out of the house for awhile;
- 😊 Practice your dance moves;
- 😊 Talk or make new acquaintances;
- 😊 Make your projects known to the Municipality;

**Come visit with us!**

1743 Boulevard Valcartier  
Behind the Community Center (basement entrance)

Christmas time is here and with it comes  
many activities at the Teen Club!

We will have our annual Christmas supper  
and we will be celebrating big this year as  
the evening will be followed by a sleepover  
at the club! Christmas movie and gift  
exchange are planned!



There will also be a change in schedule for the holidays.  
Exceptionally, we will be closed on Thursday, December 21<sup>st</sup>.  
You can also check out our calendar on the municipal web site  
for more details or ask a club animator.

For teens who like to ski or snowboard, outings to local ski  
centers are planned for several Saturdays this winter. Teen Club  
members will get a \$5 rebate on lift tickets.

For the younger ones, we will be holding our special Christmas  
disco in December!

Just click the Club Ados link in the Services tab on the  
municipal website at [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca).

## Put an End to Bullying

### Advice for adults to help kids

#### What is taxing?

Taxing is a robbery with violence  
committed against a person.  
Within the context of the Law, it  
is a robbery. The abuser may  
use threats, intimidation or  
physical force to obtain property  
against the will of its owner.

#### What is bullying?

Bullying is a special relationship  
characterized by an abuse of  
power and repeated  
deliberations of a person or group of people over another (insults, ridicule, exclusion,  
threats). Bullying infringes on civil rights but in more severe cases, it can be regarded as a  
criminal act.

#### What is cyber-bullying?

Cyber-bullying consists of a series of repeated psychological attacks committed by an  
individual or group of individuals who reach their victims by the Internet, by email or by  
text messages via a cell phone. The victims of cyber-bullying may feel even more  
powerless compared to those of traditional bullying because the aggressor remains  
anonymous and the propagation of words and images is instantaneous and unlimited.

Taxing or bullying are not problems that children can resolve by themselves. It is a  
balance of power that can be difficult to change without the help of an adult. If your child  
is a victim of taxing or bullying and he/she confides in you, you must take the situation  
very seriously. Don't forget that children come to adults with their problems as a last  
resort.

**If your child is a victim of taxing or bullying, here are a few steps that you can  
follow :**

- \* Notify the teacher, principal or school board if the bullying is committed at school or  
during school bus transportation. Even if the bullying occurs outside of school, it is a  
good idea to advise the school administration if the aggressor goes to the same  
school as your child.
- \* Depending on the age of the aggressor, try to discuss the problem with his/her  
parents. You may also call on the services of an alternative justice mediator at  
[www.rojaq.qc.ca](http://www.rojaq.qc.ca)
- \* You may advise the police of a taxing or bullying situation and lodge a criminal  
complaint against the aggressor.
- \* Depending on the severity of the act, you may advise the Youth Protection Service  
(DPJ) of the aggressor's behaviour.

At all times, you may consult a lawyer in order to know your rights.

**For more information, here are a few available resources:**

**Ligne-Parents :** [www.ligneparents.com](http://www.ligneparents.com)

**Telephone : 1 800 361-5085**

**Tel-jeunes :** [www.teljeunes.com](http://www.teljeunes.com)

**Telephone : 1 800 263-2266**

**Jeunesse, J'écoute** [www.jeunessejeoute.ca](http://www.jeunessejeoute.ca)

**Telephone : 1 800 668-6868**

#### Reacting to cyber-bullying:

##### A parent's guide

<http://mediasmarts.ca/backgrounders/parents-guide-cyberbullying>

**Sûreté du Québec :** [www.sq.gouv.qc.ca](http://www.sq.gouv.qc.ca)

**Telephone : 310-4141**

(Direct toll-free line for the entire province)

You may refer your child to the web site: [www.jeudeclit.com](http://www.jeudeclit.com). It's a virtual game about  
bullying that aims to help kids build their self-esteem.



**TAXING &  
BULLYING**

## OPENING HOURS

**Thursday 6:00 - 9:00 p.m.**

**Friday 6:30 - 10:00 p.m.**

**Saturday 2:00 - 5:00 p.m. & 6:00 - 10 p.m.**

**TÉLÉPHONE :**  
**418 844-1327**

MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



*Together, in the  
Heart of Nature.*

SAINT-GABRIEL  
-DE-  
VALCARTIER

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

Telephone : 418 844-1218

Fax : 418 844-3030

Email : admin@munsgdv.ca

### WEBSITE

**www.saint-gabriel-  
de-valcartier.ca**

## ECUMENICAL CHRISTMAS SERVICE - CATHOLIC CHURCH

**T**he Catholic Church Parishioners would like to invite one and all to the traditional Christmas Ecumenical Service to be celebrated on Monday, December 24<sup>th</sup> at 7 p.m. (time is tentative) at St. Gabriel's Church, 1877 Boulevard Valcartier.

For more information:

Joan Sheehan  
418 844-1218.

Welcome to all!



## CHURCH SCHEDULES:

### St. Gabriel's Catholic Church:

Every Sunday at 9:30 a.m.

Every Tuesday at 6:45 p.m.

December 24<sup>th</sup> at 7 p.m. (time is tentative):

### Ecumenical Christmas

### Service

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

### Anglican Christ Church :

December 2nd and 16th at 9:00 a.m.

### Andrews United Church:

December 2nd and 16th at 10:00 a.m.

### St. Andrews Presbyterian Church:

December 9<sup>th</sup> at 10 a.m.

December 23<sup>rd</sup> at 7:00 p.m.:

Candlelight Service

## MUNICIPAL LIBRARY—10<sup>th</sup> ANNIVERSARY

Come Celebrate the Library's 10<sup>th</sup> anniversary!

It's been 10 years since the Library opened its doors in October 2002. If you don't already have a library card, now is a great time to become a member. If you are already a member, you are encouraged to stop by the library and update your membership information. We will be revising the files in the new year and you can help by making sure your information is up to date. Memberships that have been expired for more than two years may be deleted – don't let this happen to you! In appreciation, and celebration, members who visit the library in December will receive a **10th anniversary gift**. We look forward to seeing you!



## DATES TO REMEMBER

### DECEMBER

1 to 16 - Donations accepted for OASIS Christmas baskets

6 - First monthly collection of bulk waste

7 to 9 - Christmas Market in Stoneham

14 - Christmas Story Time at the Municipal Library

14 to 16 - Christmas Market in Stoneham

15 - Deadline for installing winter tires on your car

16 - Old Fashioned Christmas Tree Lighting and activities

24 to 31 - Municipal offices, Library and Physik Center  
CLOSED for the Holidays

24 - St. Gabriel Catholic Church hosts the Ecumenical  
Christmas Service

### JANUARY

(Dog License Renewal Month)

1<sup>st</sup> & 2<sup>nd</sup> - Municipal offices, Library and Physik Center  
CLOSED for the Holidays

3 - Collection of bulk waste and Christmas trees

3 to 7 - Registration period for Winter Sports and Recreation

5 - Taekwon-Do refundable bottle and can drive

Week of the 7<sup>th</sup> - Christmas tree collection

8 - Taekwon-Do and Playgroup winter sessions begin

9 - Outdoor hockey begins

14 - Beginning of quilting, step, self-defence & Latin dance

18 - Beginning of Baladi classes

21 - Beginning of new public  
transportation service

22 - Zumba Fitness classes begin

26 - Hip-hop dance classes begin

### FEBRUARY

Publication of the next Indispensable  
News Bulletin

