



SAINT-GABRIEL  
- DE -  
VALCARTIER

Volume 11 | Issue 4  
AUGUST 2018

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- HHW COLLECTION
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**FAMILY DAY**  
**AUGUST**  
**17 & 18**  
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**pages 2 & 3**

## THE INDISPENSABLE NEWS BULLETIN



Photo credit: Maureen Bédard

### A WORD FROM THE MAYOR

The summer season is upon us with one of the hottest months of July in recent memory. This is what we were all hoping for last winter, so I hope everyone is taking advantage of the warm weather.

The G7 Summit came and went with barely a whimper. Perhaps all the security precautions intimidated the demonstrators. But in any event, all is well that ends well. The only real effect we felt was that the re-paving project on Boulevard Valcartier had to be spread over a slightly longer period of time. While many people were

complaining about seemingly longer than necessary wait times, the final result is worth all the inconvenience. Much of the final paving was able to be done at night which improved the timeline. Thank you for your patience and enjoy the smooth pavement!

When passing by the Municipal Complex, please take a look at our new Municipal Flag (Page 4) which is attracting many positive comments. Also planned for the beginning of September is the installation of a new numerical screen in front of the garage. This advanced technology sign will be a considerable improvement over the former model.

The walking/biking trail has met with another setback. The original path for the trail was deemed to be unsuitable because the access could not be guaranteed long-term. Since the permanent nature of the trail was a condition for the grants from both the Tourism Office and The Municipality, an alternative route must be found. An alternate location is presently being studied and hopefully will be a solution for the project.

In closing I would like to wish you all a very happy rest of summer and always remember to drive safely!

*Brent Montgomery, Mayor*



# FAMILY DAY 2018

## FRIDAY, AUGUST 17

Labatt Beer Garden (18+)

Club Ados Canteen

Pickle Ball workshop

Slow-pitch Tournament

FAMILY MOVIE (outside if weather permits)  
"Inside Out"

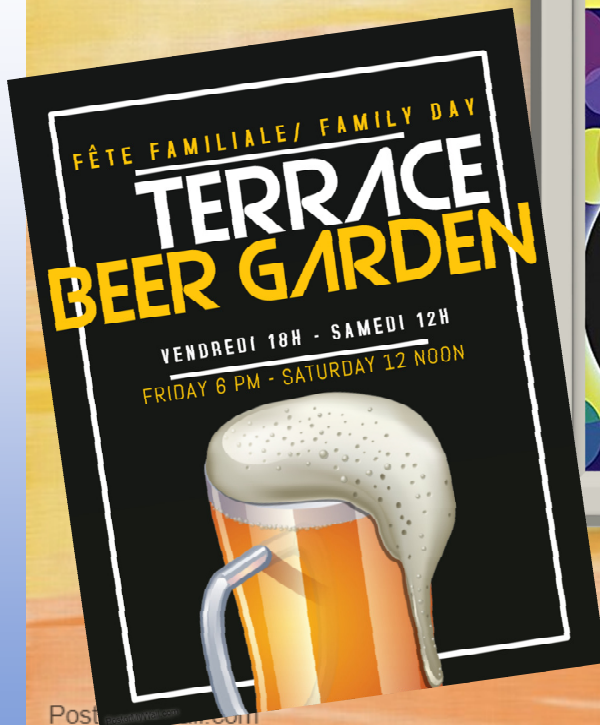
(bring your chairs and blankets)  
around 7 or 7:30 pm

6 pm - midnite

6 pm

6:30 pm

6:30 pm





# FAMILY DAY 2018

## SATURDAY, AUGUST 18

Slow-pitch Tournament

10 am

Used book sale

10 am

Club Ados Canteen

10 am

Essential oils workshop

11 am

Labatt Beer Garden (18+)

noon

Food trucks

11:30 am - 8 pm

(Thai Zone - Ketchup Moutarde-La crèmeirie)

For kids:

Inflatable games

11:30 am

Tim Bits soccer (end of season)

time to be determined

Face painting

1 - 4 pm

Jammobile

11 am - 6 pm

Skateboard camp

12 noon-1:30

Aikibudo demonstration

during the day

Tournaments:

volleyball, horseshoes, pickleball,

bocci ball, family bingo, euchre

Fireworks and musical group

2 pm

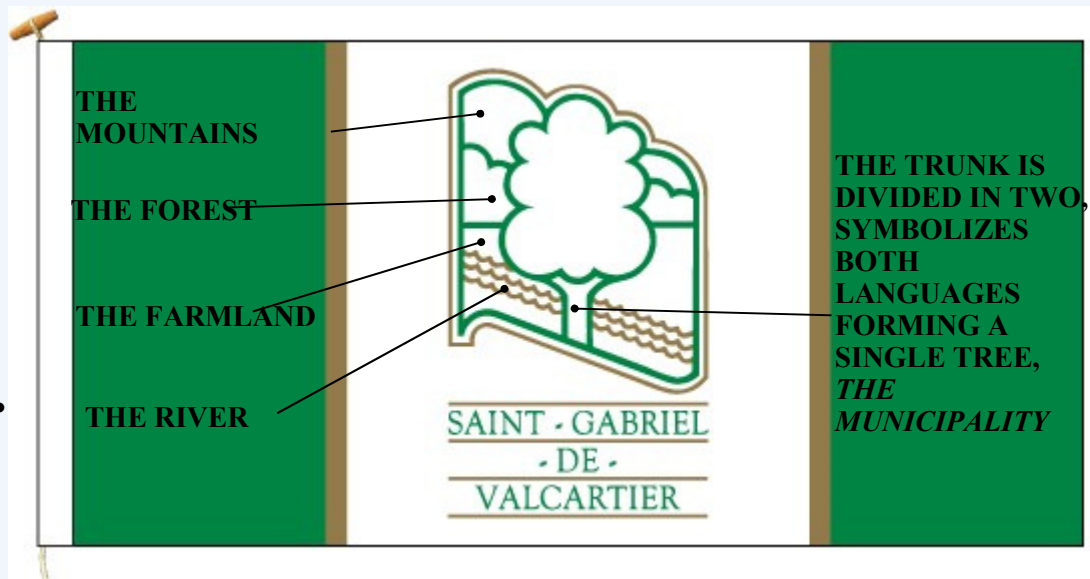
evening





## NEW MUNICIPAL FLAG 2018

**Have you noticed  
our new flag?  
We've added two  
wide green bands  
and two slim gold  
bands to frame and  
make the logo 'pop'.  
Do you like it?**



## MUNICIPAL TAXES

### FINAL PAYMENT OF 2018 MUNICIPAL TAXES

We remind you that the third and final payment is due on September 1<sup>st</sup>, 2018, after which, interest fees will apply.

#### Payment methods:

In cash (at the counter), by cheque made in the name of Municipalité de Saint-Gabriel-de-Valcartier (at the counter, by mail or in the night deposit box), by debit payment (at the counter) and by Internet or at the ATM at your financial institution.

**The 2019 annual tax bill will be mailed the first week of March.**

### THE ASSESSMENT ROLL AND YOU!

This year, the three-year assessment roll for the years 2019, 2020, 2021 will be deposited at the latest on September 15<sup>th</sup>, 2018 by the evaluation firm Groupe Altus. Public Notice of this deposit will then be published.

According to the Ministère des Affaires municipales et de l'Occupation du territoire (MAMOT), 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 1st 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.



## 2018 PROVINCIAL ELECTIONS

### Election Day:

Monday, October 1st, 2018 from 9:30 am to 8 pm,  
Community Centre

### Advance polling station:

September 23 and 24, 2018 from 9:30 am to 8 pm

1711 Boulevard Valcartier

(Community housing)

### Élections Québec:

[www.electionsquebec.qc.ca](http://www.electionsquebec.qc.ca)

Voters cards received through the mail can also help inform you on when and where to vote.



## GOOD NEIGHBORLY RELATIONS

Life has its disadvantages. But tolerance has its limits. One does not have to suffer a neighbor's bad faith or clumsiness. Moreover, the Civil Code establishes rules concerning ones' behavior to maintain good relations between neighbors. For more information on this subject, visit [www.justice.gouv.qc.ca](http://www.justice.gouv.qc.ca) or, consult the Ministry of Justice's pamphlet « Les rapports de voisinage », available at the town hall.



### Chimney cleaning

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



## IS YOUR CIVIC NUMBER VISIBLE FROM THE STREET?

"When you are out driving around, we invite you to pay particular attention to the identification of civic numbers on buildings. You will notice that on many buildings the civic numbers are difficult to read, or even absent.

The civic number of a building is not a decorative item or useful only for the post office. **This number is the main reference for the rapid identification of a place by emergency responders, day and night**".

The municipal by-law specifies the visibility of a civic number as such:

**"Every building must be identified by a distinct civic number in Arabic numerals, or in letters, readable horizontally, visible from the street at all times."**

It is in this spirit that the Municipality will seek the collaboration of the citizens, in the coming months, to ensure that all buildings are well identified, in accordance with municipal by-law. You will also receive an informative pamphlet to this effect.

Sources : <http://saint-hippolyte.ca/wp-content/uploads/2016/11/commnumerocivique.pdf>

MRC de Bécancour, service de sécurité incendie

**Don't forget to turn back your clocks on November 4th and change the batteries in your smoke detectors.**





## PORTABLE SPEED DISPLAY

In order to raise the population's awareness of the dangers associated with speeding, this apparatus will be placed in alternating locations throughout the territory. The display unit registers data concerning the recorded speeds and the Municipality sends this data to the Sûreté du Québec in order to target and increase monitoring in areas where speed limits are exceeded. At the same time, we invite you, dear citizens, to reduce your speed while driving for the welfare and safety of everyone!



## REMINDER—WINTER SHELTERS

Winter shelters for either vehicles or for pedestrians at the entrance of a building, as well as snow fences and other winter protection are authorized in all zones from October 1<sup>st</sup> to April 30<sup>th</sup> the following year.



## BULK WASTE PICKUP

The collection of non-household waste (dry materials) is held weekly until the end of November. Starting the first week of December and, for the winter season (December, January and February), the collection will take place the first Thursday of each month. This service functions on a call-in basis only. Please do not deposit non-household waste in front of containers or community mailboxes. You must call the Municipality at 418 844-1218 to request this service and provide an itemized list of materials to be picked up or register for the collection online ([www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)).

It is important that these materials be sorted and organized (ex: carpets rolled and tied, metal sorted, wire rolled and tied, etc.).

You may dispose of used tires (non-commercial use only) and rims. You may also dispose of cooking or frying oil in their original container or in a labeled clear plastic container.

Please note that vehicle carcasses or frames, tree and brush debris, household garbage and leaves as well as recyclable materials will not be collected during these weekly pick ups.

You may not dispose of renovation materials in your regular garbage bin as the waste management company will not pick up your garbage. We can pick up a limited amount of these materials in the non-household waste weekly pick up. You must first place a request with Dany Laberge, person responsible for Public Works. For major renovations, contact the Municipality to find out where you can dispose of these materials.

## GARBAGE AND RECYCLING CONTAINERS

We would like to remind residents that large garbage and recycling containers located on a number of non-municipalized streets are there for the use of residents who do not have door to door collection of garbage and recycling. Because they do not have rolling bins, the Municipality has installed large garbage and recycling bins for their use only. When residents who benefit from door to door collection use these containers, those with the right to use them cannot dispose of their waste since the containers are full.

Please be civil and respectful towards your fellow citizens and do not use these containers if they are not meant for you.

### Notice to Sommet Bleu Development

To avoid the nuisance of wild animals getting into your garbage, all



household waste must be deposited inside and not next to the containers put at your disposal.

Please note that the garbage removal company will not pick up garbage which has been left next to the containers. If containers are full, we ask that you please wait until next collection day.

As for the recycling, you must fold or cut cardboard boxes before depositing them in the recycling bins to avoid filling the bins up too quickly. Thank you for your collaboration.

## SPECIAL COLLECTION FOR FALLEN LEAVE

**Bags of leaves** will not be picked up during the regular weekly

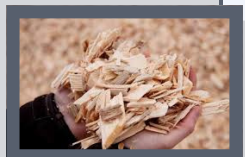


collection of household garbage.

The Municipality will organize a special collection the week of **October 29<sup>th</sup>**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.

## DISTRIBUTION OF WOOD CHIPS

At certain times of the year, the Municipality has wood chips to distribute. If you wish to receive some, please contact the person responsible for Public Works, Dany Laberge at 418-844-1218.





## HHW COLLECTION (HAZARDOUS HOUSEHOLD WASTE)

The Municipality will offer a Hazardous Household Waste (HHW) recycling depot, free of charge, on **Sunday, SEPTEMBER 16th from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).  
**You must bring your hazardous materials to the depot location.**

Here is a list of materials that can be recuperated:

### 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
- aluminum paint
- dyes
- varnishes
- lacquers
- products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)
- signalisation 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 light bulbs (CFL)



RECYCLAGE DES RÉSIDUS DOMESTIQUES DANGEREUX (RDD)  
 RECYCLING HAZARDOUS HOUSEHOLD WASTE (HHW)

*On rapporte nos produits  
 c'est notre nature*  
*We Return our Products-It's Our Nature*

Une initiative de votre municipalité et de votre MRC  
 An initiative of your municipality and MRC

aujourd'hui on réduit  
 let's reduce today

*If you are not sure if a product that you would like to dispose of is on the list, bring it in to the depot 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 in your 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 by appointment only.

Thank you for your active participation in a healthy environment!

## REGIONAL CHRISTMAS CARD CONTEST

Again this year, the MRC de la Jacques-Cartier is calling on the creativity of its artists to participate in the next edition of the Regional Christmas Card Contest. Citizens and students of the Jacques-Cartier, register now!

### The contest

The Regional Christmas Card Contest aims to encourage and to promote the creation of visual arts in the Jacques-Cartier region while stimulating artistic expression of its

participants of all ages and levels. The categories and rules for the 2018 edition will be available shortly on the MRC de la Jacques-Cartier's website. Cash prizes to be won!

You can register from August 20th to the beginning of October at 418 844-2160, extension 227 or

[slaperriere@mrc.lajacquescartier.qc.ca](mailto:slaperriere@mrc.lajacquescartier.qc.ca).





## MESSAGE FROM THE SQ

### SHARING THE ROAD

The Sûreté du Québec would like to remind everyone of the importance of their behavior on the roads. Whether as a driver of a vehicle, a cyclist or a pedestrian, everyone must respect the various regulations in force, both by the Criminal Code and the Highway Safety Code.



#### A few rules to follow as a pedestrian:

- always use the sidewalk on the roadside, if there is no sidewalk, walk on the side of the road facing traffic;
- cross at intersections and pedestrian crossings;
- comply with pedestrian traffic lights installed at intersections, if there are no pedestrian traffic lights, comply with vehicle traffic lights.

#### According to the Highway Safety Code, a pedestrian may not

- cross an intersection diagonally, unless a police officer, a crossing guard or other signage authorizes it;
- hitch a ride on a roadside or where passing is not allowed;
- travel on a highway or one of its access roads.

#### A few rules to observe as a cyclist:

The Highway Safety Code forbids a cyclist, among others to travel:

- on highways or their access roads;
- against traffic – unless signs authorize circulating against traffic for bicycles;
- on the sidewalk;
- with headphones;
- between two rows of moving vehicles.

#### It is also forbidden:

- to transport a passenger, unless a seat is provided for that purpose;
- to drink alcohol while circulating.

We remind drivers that they must respect the distance of one meter when passing a cyclist in a 50 km/h and less area and respect a distance of over 1,5 meters in a zone over 50 km/h. In a situation where it is impossible to safely pass a cyclist, remain behind until able to pass safely. Highway Safety Code, you may consult the *Société de l'assurance automobile du Québec's* website.

## MODIFICATION TO BY-LAWS

The Saint-Gabriel-de-Valcartier Fire Safety Service, in partnership with the Municipality's Urbanism Service, have worked on the modification of by-laws number 175 and 184 concerning Fire prevention.

The amendment regulations complete the security requirements to ensure the safety of people on the territory of the Municipality. It requires the installation and maintenance of fire extinguishers for the areas referred to in section 4.5 of By-Law 213, the installation of a carbon monoxide alarm for homes with combustion appliances and this, to ensure and optimize the safety of people.

The adoption of these amending by-laws will allow the SGDFVSS to continue its mission in the territory, in all fairness for every citizen, by meeting the prevention commitments provided for in the MRC's Fire Safety Coverage Plan. .

The modification of these by-laws touches 100% of the Municipality's population.

Here are the main changes:

### BY-LAW NUMBER 213 modifying By-Law number 175

#### ARTICLE 4.3 Fire risk control

The following activities are prohibited and considered as a nuisance:

The fact, for a homeowner, manager or occupant of a building, to interrupt a fire alarm signal and resetting the alarm system. Only an officer charged with the application of By-Law number 214 concerning alarm systems may proceed to such an operation.

#### ARTICLE 4.5 Portable extinguisher

Each housing unit of a residential building situated in the Sommet Bleu, Lac Blanc and Lac des Sources sectors, must be equipped with a Class ABC portable extinguisher of at least 5 lbs. Such an extinguisher must be maintained in good functioning order, be accessible and easily be located.

#### ARTICLE 4.6 Carbon Monoxide detector

It is forbidden to operate a combustion appliance in a building that does not have a carbon monoxide detector.

### BY-LAW NUMBER 214 modifying By-Law number 184

#### CONCERNING ALARM SYSTEMS-RMH110

#### Fine for repeat offences

Fines vary between \$100 to \$200 for a first offence, in the case of an individual, and in the case of a repeat offence for a fifth false alarm, the fine is \$2000 for an individual and \$4000 for a business or organisation and each additional alarm.

If you have any questions regarding the modifications of these by-laws, please contact the Fire Safety Service. Thank you for your collaboration.



## MESSAGES FROM THE SAINT-GABRIEL-DE-VALCARTIER FIRE PREVENTION SERVICE



These last years, the electronic cigarette, a device equipped with a battery and a microprocessor, has gained popularity in Quebec. Some fire risks are related to its use.

If you do use such a device, the Saint-Gabriel-de-Valcartier Fire Safety Service offers some tips to put into practice to protect yourself from the fire risk it can cause.

### Safety tips:

- \* It is important not to overcharge the battery and follow the manufacturer's maintenance recommendations. Batteries that are over charged may explode and provoke a fire.
- \* When you charge your electronic cigarette, it is recommended not to leave it without surveillance and to practice this activity during the day.
- \* Avoid recharging the battery when you are sleeping.
- \* If an electronic cigarette's battery is overcharged, the lithium it contains can overheat and flame up.
- \* Use accessories furnished by the manufacturer (charger, USB cable, etc.).
- \* Avoid using electronic cigarettes in the presence of oxygen cylinders (oxygenotherapy).
- \* Do not transport an electronic cigarette in your pocket without a protective case. The battery could come into contact with metallic pieces and generate a spark. It is suggested to always transport it in its case.



### Carbon monoxide poisoning

**Carbon monoxide poisoning can be fatal therefore it is important to be aware of the inherent risks and to take appropriate preventive measures.**

Carbon monoxide is the result of the incomplete combustion of a fossil fuel, which produces an odorless, colorless, tasteless, non-irritating and toxic gas. The latter can be deadly, even at low concentrations in the ambient air.

In new residential construction, the carbon monoxide alarm is mandatory if the dwelling is equipped with a fireplace whose doors are not perfectly sealed.

### Safety tips:

- \* Obtain a ULC-2034 certified carbon monoxide alarm.
- \* Install in the area recommended by the manufacturer.
- \* Test your carbon monoxide alarm once per month, using the test button.
- \* Install your alarm inside the house and not the garage.
- \* If your alarm goes off, immediately call 9-1-1 and mention that it is a carbon monoxide alarm.



### What produces carbon monoxide?

Carbon monoxide is produced when a vehicle or device burns fuel such as gasoline, oil, natural gas, propane, kerosene, naphtha or wood. Many appliances in our homes can produce carbon monoxide: gas and oil furnaces and water heaters, solid fuel burning appliances, combustion engines, and so on.

### What are the symptoms of carbon monoxide poisoning?

Carbon monoxide poisoning symptoms are very similar to those of gastroenteritis: headache, nausea, fatigue, dizziness.

### What should I do if my carbon monoxide alarm is activated?

Call 9-1-1 and observe the health condition of all your family members (dizziness, nausea, headache, etc.). If they have any or all of these symptoms, it is likely to be carbon monoxide poisoning. Prolonged intoxication with high concentration can be fatal. In Quebec, there are approximately 15 deaths annually attributable to this type of intoxication.

**Pascal Gagnon, Fire prevention technician**

## FIRE PREVENTION WEEK FROM OCTOBER 7 TO 13, 2018

Fire prevention week will be from October 7-13, 2018 and the this year's theme is: **PREVENTION IS GOOD—IT HAPPENS IN THE**

### GOOD HABITS TO DEVELOP:

To avoid a kitchen fire, fire prevention technicians suggest the adoption of the following habits:

- Use a timer;
- Use the proper tools and equipment for cooking (ex oven mitt);
- Keep the cooking surface clear at all times;
- Keep pot covers handy;
- Handle hot foods or boiling liquids with care; ;
- Turn pot handles so that they don't hang

over the stove top;

- Regularly clean cooking appliances and stove hood;
- Wear safe clothing when using a stove (careful of loose clothing, flammable materials);
- Use a fryer equipped with a thermostat; ;
- Let a fondue burner cool before refilling it with fuel;

Use a barbecue in a secure manner, following the manufacturer's instructions. Smoke and fire spread quickly. Once a fire is set, it is too late to plan an escape route. It is imperative that a home has functional smoke alarms and a planned evacuation route with all occupants before a fire happens.



## BYRON MCBAIN FUND BBQ

This community activity is organized by Fire Safety Services and will be held on Sunday, **September 2<sup>nd</sup>** at the Valcartier Community Center. The number of chickens is limited so **YOU MUST RESERVE YOUR CHICKEN!**

**(½ chicken with bun, salad and dessert for \$13)**

Games for kids: 4 pm

Dinner served: 5 to 7 pm

**To reserve:**

**418 844-3755 (Susan)**

## OPEN HOUSE ACTIVITIES AT THE FIRE HALL

**COME ONE, COME ALL TO SEE THE FIRE HALL!**

**SATURDAY, AUGUST 18TH FROM 10 AM TO 2 PM DURING FAMILY DAY, COME BY TO SAY HI AND TOUR THE FIRE HALL AND SEE THE TRUCKS! WE MIGHT EVEN HAVE A FEW SURPRISES ON HAND!**

## A SAFE HALLOWEEN TRICK OR TREAT ROUTE

Fire Safety Services will be out patrolling and controlling traffic from 5:00 to 7:00 p.m. on Halloween night (Wednesday, October 31<sup>st</sup>).

### The patrolled route is as follows:

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

Drivers: please be vigilant along the streets mentioned above and travel below the posted speed limit. Residents: please keep your dogs tied and turn off the outside lights if you are unable to participate or when you can no longer receive trick-or-treaters. Thank you very much 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 a flashing pin and a surprise before

starting your Halloween route.

We will also be serving hot chocolate and coffee!

**This activity is possible thanks to the collaboration of the Fire Safety Services and the Sports and Recreation Department.**

*Parents, come park your vehicle in the Community Centre parking lot and walk the trick-or-treat route with your children!*

Hey kids, have an adult check your candies before eating any!



## BYRON MCBAIN GOODWILL FUND

Mr. Byron McBain was an extraordinary volunteer in our community for well over 30 years. He was a volunteer fireman and became Director for our Fire Safety Services. He was also a great volunteer with his Church. Mr. McBain was the catalyst for many acts of charity helping to improve the quality of life for his fellow citizens. The Byron McBain Fund will serve to promote volunteerism within our community by offering grants for education to young citizens having volunteered for the Municipality. The fund will also serve to reward or reimburse Saint-Gabriel-de-Valcartier citizens having made a gesture of charity or humanitarian aid to their fellow citizens. This non-profit fund is managed and operated by the Municipality's Fire Safety Service. To make a donation, send a cheque made out to Byron McBain Fund and mail to 1743, Boulevard Valcartier, Saint-Gabriel-de-Valcartier, Quebec, G0A 4S0. **VOLUNTEER STUDENTS, DON'T FORGET TO APPLY FOR THE BYRON MCBAIN FUND BURSARY BEFORE OCTOBER 31<sup>ST</sup>. DETAILS ON THE MUNICIPAL WEB SITE.**



# SPORTS AND RECREATION PROGRAM—FALL 2018

FOR MORE INFORMATION

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

## NEW ON-LINE REGISTRATION AND PAYMENT PLATFORM

### FOR SPORTS AND RECREATION ACTIVITIES

Amilia is an electronic commerce platform especially designed for organizations that offer activities. **The platform offers a virtual boutique that allows users to register for courses and activities on a website.**

**amilia**

To register for activities offered by the Sports and Recreation Department of the Municipality of Saint-Gabriel-de-Valcartier, you must create a user account on Amilia, by visiting [www.amilia.com/en/Signup](http://www.amilia.com/en/Signup). During your first connection, you will receive **an activation email**. Click on the link contained in this email to activate your account. Afterwards you will need to choose a password. Once your account has been created, go to [www.amilia.com/en](http://www.amilia.com/en) by clicking on LOGIN. Enter your email and password and you will be redirected to your new user account.


To register for an activity, you will have to find our On-line Boutique on Amilia, by clicking on 'Find an organization'. Once you have found Municipalité de Saint-Gabriel-de-Valcartier in the list, click on the name and you will be automatically redirected to our On-line Boutique.

## PLAYGROUP FOR CHILDREN AGED 3 TO 5 YEARS OLD

We strive to provide a warm nurturing bilingual environment for children that will promote each child's physical, social, emotional, creative, cognitive and intellectual development. Our program provides a place where each child can explore his/her own individual potential. Playgroup's interactive environment encourages curiosity, problem solving, creativity and social growth. We recognize and encourage the amazing potential children have to learn!

In order to offer this activity, we must have a minimum of 6 children therefore, we suggest that you register as soon as possible. Children must be toilet trained to attend this group.

**Where:** Community Center

**Schedule:** Tuesday,  
 Wednesday, Thursday  
8:30 am to 3:30 pm

**Duration:** 14 weeks from Sept.  
11 to Dec. 13

**Cost:** 2 days/week: \$350  
3 days/week: \$500



## PAINTING GROUP AND EXHIBITION

"Painting for pleasure" is the name of this group who are passionate about painting. The group meets on Wednesdays from 9 am to 12 noon at the Saint-Gabriel-de-Valcartier Community Center to discuss the basics of painting or drawing in order to perfect their art and discuss the basics of painting or drawing in order to perfect their art.

### PAINTING EXHIBITION

To highlight 1 year of weekly meetings, members will exhibit their works, expressing their love of art. This meeting will take place from **November 1 to 17, 2018** at the Complex, 1754 Boulevard Valcartier.

Residents wishing to join the group to paint or exhibit must contact

Pamala Laberge at  
418 844-3030.



## AÏKIBUDO VALCARTIER

L'AÏKIBUDO is a martial art of Japanese origin. It is the inheritance of a very long tradition bequeathed by the samurai, the Japanese warriors of the feudal period.

The rigorous transmission of the various techniques and the understanding of the AÏKIBUDO harmonizing efficiency, grace and flexibility make it an exceptional discipline.

The nature of the art forbids any form of sports competition. However, the techniques are applied realistically. So there are no opponents, but practice partners. All projections and keys, practised on the articulations, are applied with mastery.

AÏKIBUDO is for everyone (women and men, 16 years and over), each progressing at his or her own rhythm. KOBUDO (weapons handling) is practiced as an educational discipline. The school to which we are affiliated is TENSIN SHODEN KATORI SHINTO RYO.

The weapons used in the practice of this art are the Bokken (wood replica of a Samurai's saber), the Bo, the Tanto, the Tambo and the Naginata.

**Schedule:** Mondays & Wednesdays  
7:00 to 8:30 pm beginning  
Sept. 17 for 10 weeks

**Where:** Community Center

**Cost:** \$40

(including AAKQ (Association d'Aïkibudo et de Kobudo du Québec) membership fees.

The wearing of judogi is strongly recommended (possibility to buy through the dojo).

**Information:**

**Patrick Beaulieu et Marie-Christine Larouche (418) 574-6835**

**Danny Dubois (819) 817-2364 ou**

**Etienne Patenaude (581) 984-4193.**

[Facebook : Aikibudo Valcartier](#)



## CHAIR YOGA

**Everyone can do  
Yoga!**

**Atmosphere of  
trust and  
respect**

**Union-Conscience-**

**Passion-Calm**

### Benefits of Yoga

Tools to better manage stress, soothe the mind, help with concentration, and in acquiring better body mobility, increase strength and balance, tone the body and improve lung capacity.

### What you should bring to class:

A Yoga mat, a small pillow, a blanket or towel, comfortable clothes, a water bottle.

### Compassion towards yourself!

**When:** Thursday 10 to 11 am

Sept. 13 sept. to Nov. 15

**Cost:** \$110 for 10 classes  
(cheque or cash)

**Where:** Community Center

### Information and registration:

Cynthia Carrier 581-990-0159 or  
[yogicynhatha@gmail.com](mailto:yogicynhatha@gmail.com)

NAMASTÉ!



## KNITTING

Knitting workshops for everyone.

No experience necessary!

**Instructor:** Katherine Burgess

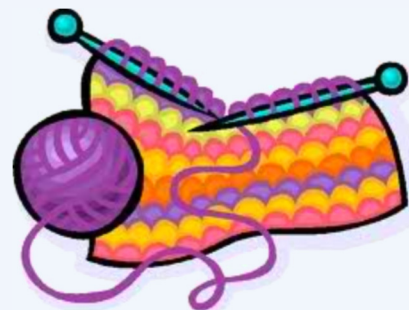
**When:** Tuesday 1 to 3 pm  
Thursday 6:30 to 8:30 pm  
beginning Sept. 11

**Cost:** free

**Location:** Community Center

**Registration:** Pamala Laberge  
418-844-1218

[plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca)



## BETTY'S QUILTERS

**Quilting exhibition Sunday, October  
14th from 10 am to 3 pm at the  
Community Center.  
Crafts and snacks will also be available!**

*Free admission!*



## PICKLEBALL

**Indoor Pickleball will start  
again at the Mont Saint  
Sacremet school this fall.  
Follow our Facebook group to be  
updated on the schedule.**

## STEP

**Unfortunately, Lise Cauvier, our Step  
instructor is recovering from an injury,  
therefore Step classes will be postponed  
until the New Year.**

**Get well soon Lise!**



## INSANITY LIVE

You're about to experience cardio conditioning that will completely transform your body. It's a challenge—but your Instructor can modify the toughest moves to help you Dig Deeper at any fitness level. This program is suitable for all fitness levels.

**When:** Wednesday at 6:30 starting September 12  
**Cost:** \$80/10 classes or \$10/class  
**Where:** COMPLEX 1754  
**Registration:** On-site at first class  
**Information:** Eric Desloges / edesloges@hotmail.com



Combining cardio, strength training, balance and flexibility, Zumba keeps you fit while having fun. Come dance on energizing, easy choreographies! Accessible to all. **Join us for the fall Zumba session!**

# Zumba

*Saint-Gabriel de Valcartier*



**When:** Wednesday nights as of September 5th from 7:30 to 8:30 pm  
**Where:** Sports complex 1745 Boulevard Valcartier  
**Cost :** \$120/12 week session or \$60 for children aged 7-12  
**Info and registration:** Laury Fortin 581-305-4511 lauryfortin1@gmail.com

## PIYO LIVE!

MAKE A POWER MOVE.  
EXPERIENCE A PIYO® LIVE CLASS!

Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen—all in one workout. Define exactly how you want to look—and feel. No weights. No bulk. Just hard-core results. What will you do with all that power?

**When:** Tuesdays at 6:30 pm starting September 18  
**Cost:** \$110/12  
**Where:** COMPLEX 1754  
**Registration:** On-site at first class  
**Information:** Manon Brassard 418-929-9561 or homefitmanon@gmail.com



## HATHA-YOGA

*Take care of your body, it's the only place you have to live in ...*  
 2018 Fall session beginning October 10th.

**Where:** Complex 1754  
**When:** Wednesday night (7:30 to 8:45 pm)  
 Friday morning (9:30 to 10:45 am)  
**Cost:** \$120 (tx included) for 10 weeks or \$220 for 2X/week (20 classes)  
 Could create a mommy/baby group if there is a need. Also couples Yoga night to come...

**Registration:** Marylin Parent, Yoga professor  
 phone 418-844-3916 or parent\_marylin@hotmail.com

NAMASTÉ

## TAEKWON-DO

Fall session from September 18 to December 8

Age	Level	Time	Cost*
4-5 years old	Parent-child	Saturday 9:00-9:45 am	\$30
6-8 years old	Initiation	Saturday 10-11 am	\$35
9 years +	Beginners and initiated	Tuesday 6:15-7:30 pm	\$40
	Beginners and initiated	Tuesday & Thursday 6:15-7:30 pm	\$80
13 years +	Blue belt & over	Tuesday & Thursday 7:45-9:00 pm	\$80
	Black belt	Tuesday & Thursday 7:45-9:00	\$80

\*Add \$10 for late registrations (after September 23) (non-residents + \$20, payable 1X/year)

For more information:

**Anne-Sophie Desautels**  
 desautelsannesophie@gmail.com

 **Complex 1754**  
 **Community Center**



## MARIE-ÈVE ROCHETTE FITNESS TRAINING

### MOM AND BABY FITNESS (0-2 years old)

Move for fun while respecting your body after the birth of your child all in the company of baby.

**WHEN:** Tuesday 9 to 10 am / 12 weeks  
as of September 18

**COST :** \$50

**WHERE:** Community Center

### 50+ FITNESS

This physical conditioning class will give you the tools to safely get into or stay in shape.

**WHEN:** Tuesday 10:30 to 11:30 am / 12 weeks  
As of September 18

**COST:** \$50

**WHERE:** Community Center

### INFORMATION:

Marie-Ève Rochette | 581 995-5580

Kinesiologist and certified effort physiologist



## ENGLISH WITH JENNA

### CLASSES FOR ADULTS:

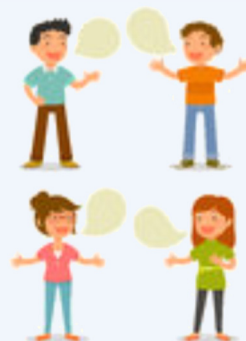
If you want to learn English but just don't know where to start, come join us at the Community Center. We will spend quality time together in a non-judgmental environment to develop a vocabulary, work on pronunciation, comprehension and the language in general. All classes will be tailored and adapted to what you need to learn.

**When:** Monday nights from 6:45 to 7:45 pm  
starting September 10

**Cost:** \$80/4 classes

**Where:** Valcartier Community Center

**Registration:** Jennakress@gmail.com



## TAI CHI

ADOPT TAI CHI CHUAN AND QUIGONG FOR YOUR HEALTH!

**When:** Monday night 7:15 to 8:45 pm  
Sunday morning (every 2 weeks)  
9 to 11:30 am as of September 17

**Where:** Complex 1754

**Cost:** Monday only \$180  
Sunday only \$150  
Both \$255

### INFORMATION:

**André Poulin**, graduate of the International Institute of Medical QiGong (É-U), approved by the Henan University of Traditional Chinese Medicine

418 844-2866

FREE CONFERENCE ON SEPTEMBER 10 at 7:30 PM



## NEW-CHOIR

A musical group where we sing to have fun, relax, laugh and meet other people with similar interests.



**Information:** Pamala Hogan Laberge  
418-844-1218

## NEW PIANO LESSONS

**When:** Monday to Thursday  
45 min. sessions  
3h30 to 6 pm

**Where:** Community Center

**Information :** Kathryn Seppala  
418-842-8289/418-520-9954  
seppala.kathy86@gmail.com



## PUBLIC MARKET

IN THE SHELTER BEHIND THE COMMUNITY CENTER  
every Thursday until September 20

from 2:30 to 6:30 pm

We'll be there rain or shine!

Information: Joanne Gosselin, 418-844-3213 or  
[jardins5econcess@hotmail.com](mailto:jardins5econcess@hotmail.com)





## THANK YOU DEAR VOLUNTEERS

*Volunteers are the heart of this community. It is through their dedication and hard work that helps Saint-Gabriel-de-Valcartier be as fantastic as it is!*

*A special thanks to our soccer, softball and Family Day volunteers. Without you, these programs would not be the success they are. Thank-you to our summer employees who also put their hearts and extra time into their jobs!*

*Without our volunteers we wouldn't be able to provide the high standard and variety of activities that we do. A special thank you to all our wonderful, talented, committed and amazing community volunteers. Your contribution means the world to all those you support. The time and dedication of all our volunteers is hugely appreciated by myself and the municipal council. Commitment is the key to a vibrant community. If you are volunteering, congratulations. If you aren't, think about it.*

**PAM**

## COMMUNITY GOLF TOURNAMENT - SEPT. 30

The Sports and Recreation Department is currently organizing its annual fall golf tournament for 2018 at the **Club de Golf Centre Plein Air Castor Base Valcartier**. This activity will be held on Sunday, **September 30<sup>th</sup>** for the price of **\$90 per person**. The event will start with a brunch, and a fabulous prize draw! The game to be played is Continuous Mulligan and a minimum of 10 foursomes is needed for the activity to take place.

**Schedule:** 10 a.m.: Brunch  
11:30 a.m.: Golf

**Registration:** on-line through Amilia



## ENGLISH LANGUAGE WORKSHOP—CHILDREN 5 TO 8 YEARS OLD

### FUN EDUCATIONAL ACTIVITIES WITH TRAINED PROFESSIONALS

**WHEN:** Saturday morning 9 to 11 am  
**WHERE:** Valcartier Elementary School  
**COST:** \$150 / 10 workshops  
**DATES:** Sept. (15, 18, 27, 29), Oct. (13, 20, 27)  
Nov. (3, 10, 17)



**GOAL:** An introduction to the English language! Your child will be immersed in an English environment that will focus on learning English through a variety of educational activities. This will include sports games, dance games, yoga, story time and much more! Perfect for children age 5-8 who are starting to learn English or those who need to continue to practice their English during the school year.

## PHYSIK GYM

**Clientele:** 14 years and over

### **SCHEDULE:**

**Monday to Thursday:** 6 am to 9 pm

**Friday:** 6 am to 7 pm

**Saturday:** 8 am to 4 pm

**Where:** **Complex 1754**

### **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 50+:**

⇒ 50% off (does not apply to session cards)

**1 session :** \$5 / person

**Card for 20 sessions :** \$60 / person

**Non-residents :** \$20 extra



Under 'Memberships'



### **Person responsible :**

Jean-François April

B. Sc Éducation Physique,

Entraîneur spécialisé FCPAQ

Tel. : 418-476-1053

centrepophysik@videotron.ca



**COMPLEX 1754 BOULEVARD VALCARTIER**

**SAINT-GABRIEL-DE-VALCARTIER**

# INSCRIPTIONS AUTOMNE



**DÉBUT DES COURS 8 SEPTEMBRE**  
**12 COURS**  
UNE GÉNÉRALE ET UN SPECTACLE  
COUT 100\$ PAR ÉLÈVE ET SPECIAL  
POUR CHAQUE INSCRIPTION  
SUPPLÉMENTAIRE D'UNE  
MÊME FAMILLE

**COURS À PARTIR DE 3 ANS**  
**GROUPES DE «MAMANS»**

**NOUVEAUTÉ : GROUPE DE «PAPAS»**

**Laurie Pelletier • STUDIO.DEPENDANCE@GMAIL.COM • 418.570.0911**



**FOLLOW US  
ON  
FACEBOOK,  
YOU WILL BE  
ABLE TO SEE  
ALL OUR NICE  
PICTURES!**

**Studio  
Dépendance**

## CLUB ADOS

## ANNUAL CLOTHES DRIVE— FUNDRAISING FOR VALCARTIER ELEMENTARY

**WHEN:** September 20 10:30 to 11:30 am  
Municipal baseball field

Afterwards, in collaboration with the Municipality, a temporary thrift store will be installed in the basement of the community center from September 22 to October 13. You can also put your bags of clothing directly at the door of the thrift shop. Come encourage us!

**\*\* We only accept clothes, bedding, fabrics and boots / shoes! \*\***

For more information, contact Véronique Charbonneau, head of the PPO of V.E.S.  
[veronique\\_charbonneau@hotmail.com](mailto:veronique_charbonneau@hotmail.com)

**Qc.SkateboardCamp**  
présente

# LA TOURNÉE SKATE FOR FUN



**DÉMO ET COMPÉTITION DE SKATEBOARD À  
ST-GABRIEL-DE-LA-VALCARTIER**



**SAMEDI  
18 AOUT**  
12h00 À 13h30

**GRATUIT • PRIX DE PRÉSENCE**  
12h00 : DÉMONSTRATION  
12h30 : COMPÉTITION *BEST TRICK* (2 CATÉGORIES)

**CASQUE OBLIGATOIRE**  
1743 BOULEVARD VALCARTIER, SAINT-GABRIEL-DE-VALCARTIER, QC, G0A 4S0

**QC SKATEBOARD CAMP**  
Depuis 2002

1 418 655-2267  
[QCSKATEBOARDCAMP1@GMAIL.COM](mailto:QCSKATEBOARDCAMP1@GMAIL.COM)

[QCSKATEBOARDCAMP.COM](http://QCSKATEBOARDCAMP.COM)  
f t QCSKATEBOARDCAMP

**EMPIRE** 

**VANS**  
"OFF THE WALL"





## CBJC NEWS

### GENERAL ANNUAL ASSEMBLY

The general annual assembly of the CBJC was held on June 19<sup>th</sup> at the Centre Anne-Hébert in Sainte-Catherine-de-la-Jacques-Cartier. The annual report was presented and the members were informed of the projects that were realized in 2017 and 2018, as well as those to come in the summer of 2018. You may consult the annual report at the offices of the CBJC or on line at [www.cbjc.org](http://www.cbjc.org).

### INVASIVE SPECIES

The *Corporation du bassin de la Jacques-Cartier* reminds us that with the arrival of the warm weather also brings the growth of certain invasive exotic species of plant that can be found on the territory of the Jacques-

Cartier and near rivers.

For security and for conservation of ecological integrity, the CBJC would like residents to be careful near these invasive exotic species on their properties, particularly regarding 2 species: Japanese Knotwood, which by its density, deprives the biological diversity of the ecosystem, and Giant Hogweed, which causes skin lesions that resemble burns.

Citizens who notice the presence of any of these invasive exotic species are asked to notify the Municipality, or the CBJC at 1 888-875-1120 or on-line at <https://www.pub.mddefp.gouv.qc.ca/scc/#no-back-button>.

## MUNICIPAL LIBRARY

**Book boxes...**will stay up until the snow flies ... then you are invited to cozy-up by the fireplace in the library!

### Used book sale!

**Saturday, August 18<sup>th</sup> from 10:00 am to 7:00 pm.**

In the Community Center French and English books for all ages, prices vary from a quarter to a toonie! Take a break from the Family Day activities and stock up on winter reading. The books will remain on the stage for a few days after the sale for those that can't come on Saturday. Take a book and leave a donation.

### TD Summer Reading Club

Keep reading and gathering coupons.

The draw for prizes will be on **Thursday, August 23 at 7:00 pm**. Club members will have until September 17 to claim their 5 and 10 book prizes.

### MUSÉO

Free entry to 9 museums! Members may borrow a family pass from October through May.

On-line ressources, e-books, etc.: [www.mabibliotheque.ca/st-gabriel](http://www.mabibliotheque.ca/st-gabriel)



### STORYTIME

**October 26: Wear a costume and come celebrate Halloween with us! Stories, songs, crafts and treats await...**

Friday,  
October  
26<sup>th</sup> from  
6:30 to 7:30 pm



### SCHEDULE

**Opening Hours until September 2<sup>nd</sup>**

Monday and Thursday: 6:30 to 8:30 p.m.

**Opening Hours as of September 3<sup>rd</sup>**

Monday: 2 - 4:30 p.m.

Tuesday: 10 a.m. - 12 p.m. /  
4:30 - 8:30 p.m.

Wed.: 6:30 - 8:30 p.m.

Saturday: 2 - 4 p.m.

**Come see our new books, a book rotation was done at the beginning of August!**

**E-mail:** [biblio@munsgdv.ca](mailto:biblio@munsgdv.ca)

### MUST READS

**Adult category:**

Precious Cargo  
- Craig Davidson



**Youth category:**

The Graveyard Book  
- Neil Gaiman



**Children's category:**

Arto's Big Move  
- Monica Arnaldo



MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



TOGETHER, IN THE HEART  
OF NATURE

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

Telephone : 418 844-1218

Fax : 418 844-3030

E-mail: admin@munsgdv.ca

**MUNICIPAL  
OFFICES  
CLOSED  
Statutory  
Holidays:  
Monday,  
September 3  
Monday  
October 8**



**Free help for caregivers**

The mission of the Association is to contribute to the improvement of the living conditions of the caregivers of the Capitale-Nationale and thus contribute to their personal, family and social well-being.

**Our services:**

Pair, remote telephone monitoring; home respite; psychosocial support; a help center; telephone workshops; exchange meetings.

418-688-1511, ext. 2

info@apacn.org / www.apacn.org

**MUNICIPAL WEBSITE  
WWW.SAINT-GABRIEL-DE-VALCARTIER.CA**

**USEFUL TELEPHONE NUMBERS**

<u>MUNICIPALITY</u>		Sûreté du Québec	*4141 (cell.phone)
Administration	418-844-1218	(non-emergency assistance)	418-310-4141
Public Works	418-844-1218	<b>EMERGENCY</b>	<b>9-1-1</b>
Sports & Recreation	418-844-2097	Info-Santé	8-1-1
Club Ados	418-844-1327	Videotron	7-1-1
Library	418-844-4040	Phone service down	6-1-1
Physik Center	418-476-1053	Info Transports	5-1-1
Historical Committee	418-476-1054	Telephone Directory	4-1-1
Ministry of Transport	418-643-6903	Community Services Guide	2-1-1
MRC de La Jacques-Cartier	418-844-2160		

**DATES TO REMEMBER**

**AUGUST**

- 16, 23, 30 PUBLIC MARKET
- 17, 18 Family Day and Slow-pitch Tournament
- 18 Used book sale and Open House at the Fire Hall
- 23 TD Summer Reading Club draw for prizes—Library

**SEPTEMBER**

- 1 3rd and final payment of municipal taxes
- 2 Byron McBain Fund BBQ
- 5 Library - return to regular schedule and beginning of Zumba classes
- 6, 13, 20 PUBLIC MARKET
- 8 Beginning of Studio Dépendance classes
- 10 beginning of Hatha-Yoga and English for adults' classes
- 11 Beginning of Playgroup
- 12 Beginning of Insanity live! classes
- 13 Beginning of chair Yoga and knitting classes
- 14 Beginning of English Workshops for young children
- 16 HHW Collection

- 17 Beginning of Aikibudo classes
- 18 Beginning of Taekwon-Do, Piyo live! and Marie-Ève Rochette Fitness Training classes
- 30 Municipal Golf Tournament

**OCTOBER**

- 1 Provincial elections and winter shelters authorized
- 7 to 13 Fire Prevention Week
- 14 Quilting exhibition
- 26 Halloween Storytime at the Library
- 29 All week— special collection for fallen leaves
- 30 Application deadline for Byron McBain bursary application
- 31 Halloween safety route

**NOVEMBER**

- 1 to 17 Painting exhibition at Complex 1754
- 4 Return to standard time
- 29 Last weekly collection of Bulk Waste

**BEGINNING OF DECEMBER, NEXT INDISPENSABLE**