

SAINT - GABRIEL  
- DE -  
VALCARTIER

Volume 11 | Issue 1

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PLEASE TAKE NOTE  
THAT THE  
MUNICIPAL OFFICE  
WILL BE CLOSED FOR  
THE HOLIDAYS FROM  
FRIDAY,  
DECEMBER 22<sup>ND</sup> TO  
TUESDAY,  
JANUARY 2<sup>ND</sup>

CHRISTMAS  
TREE LIGHTING  
FESTIVITIES  
DECEMBER 16TH  
Invitation and  
activities on  
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## THE INDISPENSABLE NEWS BULLETIN



### A WORD FROM THE MAYOR

Artwork by Mrs. Marielle Rioux  
Winner of the Coup de cœur category of the  
2017 La Carte de Noël régionale de la MRC

The Christmas season is fast approaching and I am sure all of us are very busy preparing for this special time of the year. I hope everyone uses this holiday season to share some quality moments with friends and family.

Our new gym at 1754 Boulevard Valcartier is now open and is proving to be very popular with our residents. Many first time clients are attracted by the numerous introductory courses being offered as well as the usual clientele. The Municipality has made an arrangement with the United Church across the street to use their parking lot whenever needed. The gym uses the entire second floor of the new building and we are

very pleased with the finished product. The first floor is divided into two rooms, one to house the Historical Committee and cultural activities, the other for courses and social events. If you have not already done so, I encourage you to visit this new facility keeping in mind that physical activity is very beneficial to our health.

I would also like to thank our citizens for your continued support in our recent municipal elections. Five of the six council members were re-elected by acclamation. Our longest serving Councillor, Martin Hicks, decided to take a well-deserved retirement after 29 years of loyal service. His sage advice and helpful

contributions will be sorely missed and we wish him well in his retirement. Two candidates, Maureen Bédard and Sean Sauvé, showed their interest in serving their community by submitting their candidacy for this seat with Maureen emerging victorious in a close race. Council is busy working on the 2018 budget with our motto of providing the most services for the least cost. Once again your trust is much appreciated as we strive to have the best community possible.

In closing, I wish all of you a safe yet festive holiday season and a Happy New Year for 2018!

Brent Montgomery



# ANNUAL CHRISTMAS TREE LIGHTING FESTIVITIES

## SATURDAY, DECEMBER 16

*The Municipality and its volunteers would like to invite you to our annual Christmas Tree Lighting. It's a time for welcoming families home and kicking off traditional celebrations. This annual winter event inspires unity and togetherness within the community.*



### SCHEDULE

**11 am to 4 pm: FAMILY SCRIMMAGE HOCKEY AND SKATING**

Find your skates! These free activities are open to all residents and their families. Dress warmly for these activities. Free hot chocolate available inside to warm you up!

**Outdoor activities:** skating, bounce houses, hot chocolate

**Indoor activities:** dance show, crafts, free soup (bring your lunch to make a meal of it), face painting, cotton candy and more!

**11 am to 12:30 pm: HIP-HOP DANCE SHOW**  
(Studio Dépendance)

**1 to 2:30 pm: ELF HUNT**

If you participate in this animated hunt. Remember to dress warmly.

**3 pm: Santa's arrival!**

**4:15 pm: CHRISTMAS TREE LIGHTING**

You're invited to sing some carols while our Mayor flips the switch to light our community Christmas Tree, welcoming all visitors home and wishing all residents a very Merry Christmas and happy Holiday Season. Health and happiness to all!

**This activity could not take place without our churches, library, schools, Fire Safety Services, Golden Age, Club Ados and sports committee volunteers!**

Without your support year after year, these community events would not be possible. A very special thanks to all.

Don't forget to wear something Christmasy to participate in our contest and win fabulous prizes!



### GINGERBREAD

**HOUSE MAKING COMPETITION**

CONTEST RULES ARE AVAILABLE  
ON OUR WEBSTE:

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

## CHRISTMAS STORY TIME - LIBRARY

Begin your Christmas festivities at the Library on Friday, December 15<sup>th</sup> from 6:30 to 7:30 pm.

We'll have Christmas stories, songs, treats and a special craft project. Don't forget to wear your pajamas and bring your favorite stuffed toy (teddy) and blanky. Remember that Santa Claus will be at the Community Center on Saturday, December

16<sup>th</sup>, so write him a letter and bring it with you to the Library and we'll make sure he receives it!



## 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 pm**

**Tuesday: 10:00 - 12:00  
and 4:30 - 8:30 pm**

**Wednesday: 6:30 - 8:30 pm**

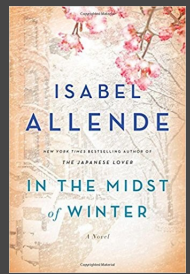
**Saturday: 2:00 - 4:00 pm**

*The Library will be closed on  
December 16th and during  
the Holidays from December  
21 to January 7 inclusively.*

## MUST READS

### ADULT:

*In the Midst of  
Winter*  
-Isabel Allende



### YOUTH:

*The Girl Who Saved  
Christmas*  
-Matt Haig

### CHILDREN:

*Kung Pow  
Chicken, vol. 1-4*  
- Cyndi Marko



## NEW— ROGER LAMONT FOUNDATION

We are very happy to announce the creation of the Roger Lamont Foundation. Roger was a citizen who was very implicated in his Municipality all through his life. He worked for Bédard Québec for thirty years and was also a volunteer fireman for several years. He sincerely believed in lending a helping hand and never expected anything in return. In the community, everyone knew you could count on him. He would literally have given you the shirt off his back. It was never a problem for him to put others first. He was a kind soul who loved to make others happy...a family man with strong values. He was known for almost everything this Foundation strives to accomplish; helping those in need!

For these reasons, it seemed important to perpetuate his name in time by naming this new Foundation in his honour.

**The Foundation, aside taking over the Oasis activities,** has the objective to support all socially and economically disadvantaged people in our Municipality. Even though we live in a privileged environment, not everyone can claim the same conditions and the goal is to develop a united community that this Foundation was established.

In the upcoming months, the Foundation will focus its efforts on the following projects:

- Christmas hampers
- Toys for children's Christmas gifts
- Construction of a new gazebo for the Community Housing residents
- Purchasing a minivan to facilitate transport within the Municipality for those without transportation or needing accompaniment
- Construction of a handicap accessible shower at the Community Housing residence



Evidently, these could not happen without your participation. If you would like to contribute in any way (donations of money, time, material, services), we invite you to contact Pamala Hogan Laberge 418 844-2097 or (Wendy Sarazen, 418 404-0822, hcsgdv@videotron.ca).

**Please note that your monetary donation can be sent in by cheque made out to: Fondation Roger Lamont before December 20th for Christmas hampers. A receipt will be sent for donations over \$20.**



## WINTER PARKING

THE URBANISM DEPARTMENT WOULD LIKE TO REMIND YOU THAT STREETSIDE PARKING IS NOT PERMITTED AT ANY TIME DURING THE WINTER SEASON UNDER PENALTY OF THE LAW.



## CHRISTMAS COCKTAIL

A popular and well-attended, event, the Christmas cocktail for employees and volunteers offered by the municipal council was held at the Municipality's Community Center on December 7<sup>th</sup>. During the evening the Mayor and municipal council thanked to the municipal employees and above all, the many volunteers who proudly work together throughout the year to enhance the services of our beautiful Municipality so that it truly reflects the image of its citizens. Thank you dear volunteers, you are our most precious resource!

## CIVIC NUMBERS AND EMERGENCIES

The Saint-Gabriel-de-Valcartier Fire Safety Services would like remind you of the importance of identifying your buildings. **The civic number is of paramount importance during an emergency intervention.**

For example, when a person is a victim of heart failure, this person must be defibrillated as soon as possible. It should be noted that between the moment of heart failure and the moment when defibrillation is applied, the survival rate of victims diminishes by 7% to 10% every minute that passes and 12 minutes after heart failure, the victims' survival rate drops to between 2% and 5%. Therefore, every second counts. If Emergency services teams must search for a civic number because it isn't well situated, too small or if the number is incomplete or lit badly, this can make a difference between life and death.

The Municipality is concerned about every citizen's security and well-being. We would like to remind you that a By-law exists to this effect. By-law number 150 stipulates in article 3.8 « Any major use must be identified by a distinct civic number in Arabic numeral, or in letter, readable horizontally, visible from the street at all times. »

For additional information concerning civic numbers, you can contact Mrs. Lysa-Marie Hébert, Municipal Inspector in Urbanism and Environment.

We count on your collaboration in order to help us locate you as rapidly as possible during an emergency. This simple gesture could save a life.

## BLUE RECYCLING BINS—WHAT'S ACCEPTED, WHAT'S NOT



*Our waste removal contractor for recycling materials would like to remind you of the following:*

### Materials accepted

Paper and cardboard

- All clean paper and cardboard products;
- Containers of cream, milk and juice (Tetra Pak).

### Plastics

- Unsoiled containers and bottles displaying this symbol; 
- Rinsed out yogurt containers, without the aluminum lid;
- Food containers and unsoiled Styrofoam displaying this symbol (including coffee cups, meat trays, plates and plastic utensils); 
- Used oil and antifreeze containers (including caps or covers);

- Stretch plastic wrap (Saran Wrap<sup>TM</sup>)
- Clean plastic bags (except for Oxo-biodegradable bags with the mention EPI).

### Metals

- Clean tin cans;
- Returnable aluminium can;
- Unsoiled aluminum plates and paper;
- Empty paint containers, dry, without covers;
- Christmas lights;
- Extension cords.

### Glass

- Rinsed out containers, bottles and jars.

### Material not accepted

- Clothing;
- Batteries;
- Long hose, ropes or wires;

- Indoor or garden furniture;
- Toys;
- Propane tanks;
- Chemical products;
- Pool items and products;
- Syringes\*.

### ATTENTION !

### Syringes

Syringes are strictly prohibited in the recycling bin, even if they are placed in a container provided for this purpose, because they can hinder the safety and health of workers in the sorting center.

### Publisac:

The paper and cardboard must be removed from the plastic bag.

### Containers:

Containers must be rinsed out in order to preserve the health of workers in the sorting center and avoid contamination of recyclable materials.

## MUNICIPAL SNOW REMOVAL POLICY

All local roads within the Municipality (except 5th Avenue and Boulevard Valcartier) are treated as follows:

The roads are cleared so as to maintain snow packed driving lanes treated with an abrasive (sand) at critical areas only.

Critical areas are sectors requiring special attention such as curbs, hills, intersections, bridges or any other section of road which might present special conditions.



## 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 (MTQ) : 418 643-6903

Boulevard Valcartier: from no 1600 to 1860

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

For all other roads within the Municipality:

**418 844-1218** or after business hours: **418 844-0911**

## GET A GRIP!

Install winter tires

before December 15<sup>th</sup>



Transports  
Québec



## A FREE SERVICE

in energy efficiency for low-income households

Are you a homeowner or tenant?

Receive a **FREE** at-home\* consultation with an advisor

CONTACT US:

**418-523-5595**

**1 866 266-0008**

**econologis.gouv.qc.**

### Concrete measures\*:

- Caulking and weatherstripping windows
- Installing weatherstripping around doors
- Insulating electrical outlets or outside walls
- Installing low-flow showerheads
- Installing aerators on watertaps

\*Certain conditions apply. Éconologis is a seasonal program from the Ministry of Energy and Natural Resources



R.B.Q.: 5650-4301-01



The *Entraide diabétique du Québec's* used clothing drop box is now located at 1745 Boulevard Valcartier between the Fire Hall and municipal warehouse.



**DID YOU KNOW...THAT MUNICIPAL BY-LAWS FOR THE WINTER SEASON (SNOW SHELTERS, SNOW FENCES, STREET PARKING) CAN BE FOUND ON OUR WEBSITE? VISIT US AT [WWW.SAINT-GABRIEL-DE-VALCARTIER.CA](http://WWW.SAINT-GABRIEL-DE-VALCARTIER.CA)**

## 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 completed. Thank you for your cooperation.



## NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

During the winter season, collection of bulk waste is held once monthly, therefore on **December 7<sup>th</sup>, January 11<sup>th</sup>, February 1<sup>st</sup> and March 1<sup>st</sup>**. We would like to remind you that you must call the Municipality **418 844-1218** to register for this service. You may also register on the Municipality's website under the «Online Request» section.



## ANNUAL BOTTLE AND CAN DRIVE



The Saint-Gabriel-de-Valcartier Taekwon-Do Club will hold its annual bottle and can drive on **Saturday, January 6th, 2017**

**starting at 9:00 a.** If you would like to donate refundable bottles or cans, you may 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 accepted and also greatly appreciated if you do not have bottles or cans. All proceeds will go to the Club to help defray training and competition costs.

Thank you for your contribution!



## DOG LICENSE RENEWAL



### A LITTLE REMINDER

DOG TAGS ARE VALID FROM JANUARY TO DECEMBER OF EACH YEAR.

COME BY THE MUNICIPAL OFFICE TO GET YOUR DOG TAGS AS SOON AS POSSIBLE!

## SPECIAL CHRISTMAS TREE COLLECTION



During the week of **January 8th**, the Municipality will offer a special pick up of natural and artificial Christmas trees. There is no need to sign up for this service but you must put your tree at the roadside for **January 7th**, at the latest.

**DID YOU KNOW...THAT MUNICIPAL BY-LAWS FOR THE WINTER SEASON (SNOW SHELTERS, SNOW FENCES, STREET PARKING) CAN BE FOUND ON OUR WEBSITE? VISIT US AT [WWW.SAINT-GABRIEL-DE-VALCARTIER.CA](http://WWW.SAINT-GABRIEL-DE-VALCARTIER.CA)**



# MESSAGES DU SERVICE DE SÉCURITÉ INCENDIE



## Ashes – Fireplace / Chimney

When cleaning your chimney, the ashes must be placed in a metal container and covered with a metal lid.

The use of a plastic container or bag is forbidden and very dangerous. Ashes can remain hot for up to 72 hours after a fire goes out.

The metal container filled with ashes must never be stored near a combustible surface.

## Cleaning of the chimney

If your heating system, whether it is a main system or a backup system, has a chimney, you are advised to have it cleaned at least once a year and to clean the pipes regularly, as the accumulation of creosote is responsible for many fires. Routine cleaning of your chimney in early fall is a good habit to get into.

Creosote is a flammable residue that settles on the walls of the chimney pipe. You can limit the accumulation of this residue by burning only dry wood. Do not burn garbage that is plastic, painted or treated wood or wood which contains glue such as plywood or chipboard. Their combustion releases toxic chemicals that contribute to the accumulation of creosote.

If your wood burning stove or fireplace (appliance) is used regularly, it would be wise to do another cleaning in the months of January or February.

An accumulation of 3 mm of creosote on the walls of a chimney pipe is a definite precursor to a chimney fire.

## Did you know?

- You should have your chimney cleaned at least once a year by a specialist.
- An accumulation of 3 mm of creosote is enough to cause a fire.
- Ashes can stay warm for up to 5 days; keep them in a covered metal container, far from the house!

## Carbon monoxide alarm

It is impossible to notice the presence of this odorless and colorless gas unless you are equipped with a carbon monoxide alarm.

It is best to **install an alarm on each floor of your home and in the basement** if necessary (presence of a source of carbon monoxide), as well as near the door giving access to the garage.

It should be noted that carbon monoxide also spreads in the air. The alarm can be installed at the top as well as at the bottommost part of a room.

## Frequently Asked Questions –

### Where does carbon monoxide come from?

Carbon monoxide comes from combustion from a fireplace, a gas fireplace or a furnace. For example, vehicles running in garages attached to residences produce a lot of carbon monoxide.

### Why is this gas so dangerous?

Carbon monoxide takes the place of oxygen in the blood. It can take days, if not months, to completely leave our system. The best way to rebalance everything is to give a significant supply of oxygen.

### What are the dangers in our households?

As homes are becoming more airtight, it becomes difficult to get rid of this gas, especially during the winter. A short exposure to gas is not necessarily dangerous. However, the longer the exposure, the greater the health risks.

## Safety tips over the holiday season -

### If you choose to put up a natural Christmas tree:

- Choose one that appears the least dry as much as possible;
- Water the tree daily;
- **Make sure the tree is securely fastened in a solid support;**
- Do not place the tree in a high traffic

area, doorway, or near a heating system vent, radiator, stove, fireplace, or lighted candles.

## Christmas decorations and lighting

Decorations must not block or obstruct access to emergency exits of the building nor hinder an emergency evacuation. In addition, some decorative elements are often flammable and can cause fires.

Use approved lighting from a recognized organization (ACNOR, ULC or UL) to decorate your home.

- For the exterior, use lights that are specifically made for the outdoors.
- For indoors, only indoor lighting should be used.
- Do not overload power outlets. Use more than one outlet if the wattage of all lights exceeds the capacity of the outlet.
- Turn off all light decorations before going to bed or leaving home.
- Closely verify electrical wires and extension cords. Discard the wires that are damaged, those with loose wiring, or loose connections.
- Discard the complete light set if any socket is broken or damaged. Do not place any electrical wires in the doorways and under carpets.

## Candles

- Never leave candles that have been lit, unattended.
- Make sure candles are out of reach of children, pets, trees, decorations or wrapping paper.
- If necessary, cut the wick of the candle to prevent the flame from getting too high and use solid candlesticks that do not tilt easily.

Pascal Gagnon

**Fire Prevention Technician**

## MESSAGE FROM THE SÛRETÉ DU QUÉBEC

### WINTER STORMS AND EXTREME COLD

In winter, weather events may be of surprising intensity or duration. Abundant snowfall or freezing rain lasting several days, heavy blizzards and severe wind chill pose risks to individuals and property, and may cause interruptions to essential services or activities in the community.

**There are certain steps you can take to reduce hazards during a winter storm:**

- Take precautions before winter arrives
- Prepare for a winter storm or extreme cold warnings
- Take precautions during a winter storm or extreme cold
- Watch for frostbite or symptoms of hypothermia
- Exercise caution when driving in a winter storm
- Remove snow from your roof
- Evacuate your home
- Return to your home when authorized to do so

### PREPARE FOR A WINTER STORM OR EXTREME COLD WARNINGS

**If a winter storm or extreme cold is forecasted:**

- Make sure you have sufficient food and water, as well as enough fuel.
- Have adequate supplies of prescription drugs on hand.
- Take weather warnings into account when planning activities.
- Remove snow from your roof, or have it removed, if necessary.



### TAKE PRECAUTIONS DURING A WINTER STORM OR EXTREME COLD

**Follow certain safety rules:**

- Avoid all unnecessary travel and postpone non-essential appointments.
- Take measures to protect yourself from the harmful effects of extreme cold.
- Call people at risk among your family and friends to ensure their well-being.
- Use backup heating systems according to the manufacturers' instructions.
- Use wood heating carefully and constantly monitor the fireplace and stoves.
- Take precautions to prevent carbon monoxide poisoning.
- Make sure that the chimney outlet is not blocked by accumulated snow.
- Alert your municipality to any situation that requires the intervention of municipal services (burst water main, branches in the road, etc.).
- Listen to the media for instructions from authorities and for information about service interruptions or special measures that concern you.

Report all power outages to Hydro-Québec at 1 800 790-2424.



MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

M.R.C. de la Jacques-Cartier  
Province of Québec

### PUBLIC NOTICE

**Deposit of the valuation roll for the 2018 fiscal year**

**IS HEREBY GIVEN** by the undersigned, Director General/Secretary-Treasurer of the said Municipality:

**THAT** the three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier will be in effect for its third financial exercise in 2018. That the assessment roll was deposited at the municipal office on September 11th, 2017, and that all those interested may consult the roll at the municipal office situated at 1743 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday from 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.;

**THAT** according to article 74.1 of an "Act Respecting Municipal Taxation", notice is also given that anyone interested may make a request for revision concerning this assessment roll according to section 1 chapter X of this law on the grounds that the assessor did not make an alteration to the roll that he ought to have made according to article 174 or 174.2 of the law;

**THAT** this request for revision must be made according to the following conditions in order to be valid:

Be deposited during the fiscal period in which an event justifying a modification to the roll by virtue of the law, or during the following period;  
Be deposited at the following address or be sent by registered mail to:

MRC de la Jacques-Cartier  
60, St. Patrick  
Shannon (Quebec) G0A 4N0  
Telephone: 418-844-2160

Be filled out on the prescribed form available at the above address and at the municipal offices;  
Be accompanied by the amount of money determined by By-Law 6-1997 of the MRC de la Jacques-Cartier and applicable to the unit of assessment requested.

**GIVEN AT SAINT-GABRIEL-DE-VALCARTIER  
THIS 14th DAY OF SEPTEMBER 2017.**

**Joan Sheehan,  
Director General/Secretary-Treasurer**



## SPORTS ET LOISIRS - WINTER PROGRAM 2018

### NEW ON-LINE REGISTRATION AND PAYMENT PLATFORM FOR SPORTS AND RECREATION ACTIVITIES

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

From now on, 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

An environment where children express themselves through stories, crafts, painting, songs, rhymes, relaxation and games. A well-structured program that allows children aged 3 to 5 years to socialize. Places are limited. Children must be potty trained.

**Where:** Community Center

**When:** Tuesday, Wednesday, Thursday

**Time:** 8:30 am to 3:30 pm

**Duration:** 12 weeks from January 9<sup>th</sup> to April 5<sup>th</sup>

**Cost:** Twice a week: \$280

Three times a week: \$380

**Please note that Playgroup will be closed during March break (March 6, 7, 8).**



### STEP & WORKOUT

(14 years and older)

**WHERE:** Community Center

**WHEN:** Mondays

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

**DURATION:** January 15 to April 2

**COST :** \$40

**INSTRUCTOR :** Lise Cauvier

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



### Registration Period: January 8th to 12th

FOR MORE INFORMATION

**Pamala Hogan Laberge**, Director Sports and Recreation Department tel.: **418 844-2097**



(closed Dec. 25<sup>th</sup>-26<sup>th</sup> and January 1<sup>st</sup>-2<sup>nd</sup>)

**Clientele:** 14 years and older

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

Friday 6 am to 7 pm

Saturday 8 am to 4 pm

**Where:** Complex 1754

### COSTS

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

### CPR COURSE

(Cardio-pulmonary resuscitation)

We will be offering a CPR/

First Aid course depending

on registrations received.

Please call to reserve your place 418 844-2097.



### BABYSITTING - Course and training

Kids 11 years and older (must be 11 years old before the course or be attending 6th grade) who would like to follow this course should contact Pamala Laberge

418 844-2097. A course

will be offered during

March break. The cost to attend is \$55. Minimum of

8 participants.



**EXTRACURRICULAR TRAINING (MARTIAL ARTS)**

Cardio-muscular training, this class looks like a training circuit geared to the martial arts, no belt, no exam, just the pleasure of moving safely. Drills of agility, plyometrics, muscle movements, cardiovascular interval, endurance, balance, blows with hands and feet. Clothing: barefoot, t-shirt and long physical education pants.

**WHEN:** Monday from 3:15 to 4:30 pm  
**COST:** \$50  
**DURATION:** 10 weeks as of January 15<sup>th</sup>  
**WHERE:** Complex 1754  
**INFORMATION :** Frank Boily 581 888-2471  
 Marie-Ève Rochette 581 995-5580

**MARIE-ÈVE ROCHETTE HEALTH TRAINING****MOMMY AND ME TRAINING (0-2 years old)**

To move with pleasure and respect of the body following the delivery in the company of baby.

**WHEN:** Tuesday 9 to 10 am (free trial on January 9<sup>th</sup>)  
**COST:** \$50 /12 classes or \$10 /class as of January 16<sup>th</sup>  
**WHERE:** Community Center

**50 YEARS + TRAINING**

A fitness class to give you tools to stay or get back in good physical shape in complete safety.

**WHEN :** Tuesday 10:30 to 11:30 am (free trial January 16<sup>th</sup>)  
**COST :** \$50/12 classes or \$10/class as of January 16<sup>th</sup>  
**WHERE:** Community Center

**CARDIO STRETCH LUNCH DUO  
(men, women, pregnant women)**

Moderately increase your heart rate for 15 minutes before a 30 minute dynamic and static stretching period. Personalized training with different levels for the same muscle group.

**WHEN:** Tuesday 12 to 12:45 pm (free trial January 9<sup>th</sup>)  
**COST:** \$40  
**DURATION:** 10 weeks as of January 16<sup>th</sup>  
**WHERE:** Community Center

**CARDIO-MUSCULAR-STRETCHING TRIOEVENING  
(men, women, pregnant women and 50+)**

Increase your heart rate for 30 minutes in circuit training, followed by a period of dynamic and static stretching of 30 minutes. Personalized training with different levels for the same muscle groups.

**WHEN:** Thursday 7 to 8 pm (free trial on January 11<sup>th</sup>)  
**COST:** \$50  
**DURATION:** 10 weeks as of January 18<sup>th</sup>  
**WHERE:** Community Center

**Equipment required for all classes:** sneakers, water, towel

**INFORMATION :** Marie-Ève Rochette, Kinésiologue | 581 995-5580

**INSANITY**

**WHEN:** Wednesday 7:30 to 8:30 pm  
**COST:** \$80  
**DURATION:** 10 classes as of January 17<sup>th</sup>



**WHEN:** Monday 6 to 7 pm  
**COST:** \$80  
**DURATION:** 10 classes as of January 17<sup>th</sup>



**WHEN:** Thursday 6:30 to 7:30 pm  
**COST:** \$80  
**DURATION:** 10 classes as of January 17<sup>th</sup>  
**WHERE:** Complex 1754  
**INFORMATION :** edesloges@hotmail.com



**WHEN:** Tuesday 7:30 to 8:30 pm  
**COST:** \$80  
**DURATION:** 10 classes as of January 16<sup>th</sup>  
**WHERE:** Complex 1754  
**INFORMATION :** homefitmanon@gmail.com  
**\*\*Minimum of 10 registrations needed to hold these classes**

**AIKIBUDO****(Women and men aged 16 and over)**

AIKIBUDO is a martial art of Japanese origins. It is the heir to a very long tradition bequeathed by the Samurai, warriors of the Japanese feudal era.

**WHEN:** Monday 8 to 9:30 pm  
 Wednesday 7 to 8:30 pm  
**COST:** \$40  
**DURATION:** 10 weeks as of January 15<sup>th</sup>  
**WHERE:** Community Center

**INFORMATION :**

Patrick Beaulieu  
 or Marie-Christine Larouche 418 574-6835  
 Danny Dubois 819 817-2364  
 or Etienne Patenaude 581 984-4193  
 www.aikibudovalcartier.ca  
 Facebook : Aikibudo Valcartier  
 (@aikibudoValcartier 2007)



AAKQ



## PLAN SPORTS ET LOISIRS (PSL)

The program was delivered by mail to every household in November. A few copies are still available at the municipal office. For more information, please call: 418 844-5000, ext. 5226

 [www.facebook.com/LOISIRSVALCARTIER](https://www.facebook.com/LOISIRSVALCARTIER)  
DID YOU KNOW?

**The Centre Castor cross country ski trails are open to the public. We are lucky enough to have one of the nicest centers in the Quebec region at our doors...let's take advantage of it!**

### PAINTERS GROUP MEETINGS

**WHEN:** Tuesday 9 am to 2 pm

**COST :** free

**DURATION:** beginning January 16<sup>th</sup>

**WHERE:** Community Center

**INFORMATION :** Pamala Hogan Laberge | [plaberge@munsgvdc.ca](mailto:plaberge@munsgvdc.ca) or 418 844-2097



### BADMINTON

Informal games on Friday nights at the Mont Saint-Sacrement High School. Free activity.

**Person responsible:** Samuel

Montminy 418-844-1104 or  
[Samuel.Montminy@irdpq.qc.ca](mailto:Samuel.Montminy@irdpq.qc.ca)

### FAMILY SKATE NIGHT

Decorate your helmet or put on a funny hat for this family activity to be held on **Wednesday, February 14<sup>th</sup>**

**starting at 6 pm** at the municipal skating rink. There will be hot chocolate and cookies and many door prizes to be won. This activity will be postponed to February 21<sup>st</sup> in case of bad weather.



### HOCKEY

Those interested in playing hockey should come to the skating rink on **Wednesday** nights as of **January 10<sup>th</sup>** 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 required (gloves, helmet). Parents are welcome to participate.



## SKATING RINKS AND TRAIL

Three ice surfaces will be made available for residents this year (hockey rink, skating trail, smaller rink for younger children playing hockey). Take out your skates and get healthy and fit!

### OFFICIAL OPENING AS SOON AS WEATHER ALLOWS IT

7 days a week: 12 to 10 pm

*Holiday schedule:* 12 to 10 pm (Dec. 22 to Jan. 5)

December 24th and 31st: closed at 4 pm

December 25th and January 1st: closed all day

**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 on ice surfaces
- Launch slap shots or do body checks
- Push or shove
- Consume alcoholic beverages or drugs on municipal grounds
- Bring an animal on ice surfaces

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



**TAEKWON-DO**

The Taekwon-do Club is for children 6 years old and over as well as adults. The philosophy is to eliminate the fight by discouraging a forceful aggression that must be based on humanity, justice, morality, wisdom and loyalty in order to build a better and peaceful world. The values recited at the beginning of each class reflect this philosophy: 1. Courtesy 2. Integrity 3. Perseverance 4. Self Control 5. Courage

**CLASSES ACCORDING TO AGE AND EXPERIENCE****Parent-child introduction 4-6 years old:**

Saturday 9-9:45 am (\$30)

Accompanied by a parent, the child learns simple Taekwon-do techniques and develops his motor skills with the help of the game. Pleasure, respect and control are put in the foreground.

**Beginning Children 6-8 years old:**

Saturday from 10 to 11 am (\$40)

**WHERE:** Complex 1754

**Children 6 -12 years old yellow belt + and beginner teens/adults :** Tuesday, Thursday from 6:15 to 7: 40 pm (\$105)

**Teens and adults yellow belt +:** Tuesday, Thursday from 7:40 to 8:45 pm (\$115)

**WHERE:** Community Center

**Non-residents:** Add \$20 payable 1X/year

**INFORMATION:** Anne-Sophie Desautels  
[desautelsannesophie@gmail.com](mailto:desautelsannesophie@gmail.com)

**ZUMBA**

Zumba is the perfect fitness course. Whatever your dancing skills, come dance with us to the rhythm of the music on simple choreographies of salsa, reggaeton, merengue and cumbia style. Burning your holiday calories while having fun is wonderful!

**WHERE:** Wednesday 6:30 to 7:30 pm

**COST:** \$190 or \$100

**DURATION:** 20 or 10 weeks as of January 24<sup>th</sup>

**WHERE:** Complex 1754

**INFORMATION :** [lauryfortin1@gmail.com](mailto:lauryfortin1@gmail.com)

**\*\*Min. of 10 registrations is required to offer this course**

**KNITTING GROUP MEETINGS**

**WHEN:** Tuesday 4:30 pm | Thursday 2 pm

**COST:** free

**DURATION:** every week as of January 16<sup>th</sup>

**WHERE:** Municipal Library

**INFORMATION :** Pamala Hogan Laberge  
418 844-2097

Bring any material you have, if you don't have any we will have some for you.

**PICKLEBALL**

(men's and women's)

**WHEN:** Monday & Wednesday at 7 pm

**COST:** free

**DURATION:** every week starting on January 15<sup>th</sup>

**WHERE:** Mont Saint-Sacrement

**INFORMATION :** Pamala Hogan  
Laberge 418 844-2097  
or  
[plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca)

**CHAIR YOGA**

Everyone can practise yoga!

Atmosphere of trust and respect

Union - Awareness - Passion - Calm **YOGICYN**



Hatha yoga is the most widely practiced form of yoga in America. It is one of the branches of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama) and meditation (dhyana) to create a healthy body, and a clear peaceful. There are nearly 200 positions. There are hundreds of variations that help us relax our spine, promote circulation in all organs, glands and tissues. Hatha yoga postures also stretch and align the body promoting balance and mobility.

**The benefits of yoga**

Tools to better manage stress, calm the mind, help with concentration, acquire better mobility of the body, increase strength and balance, tone the body, improves lung capacity.

**What to bring to class:**

A yoga mat, a cushion, a blanket or towel, comfortable clothes, a water bottle, compassion for yourself! Namasté!

**WHEN:** Thursday 10 to 11 am (Chair Yoga)

**COST:** \$100 (cheque or cash)

**DURATION:** 10 weeks beginning on January 18<sup>th</sup>

**WHERE:** Community Housing Residence  
(1711 Boul. Valcartier)

**INFORMATION :** Cynthia Carrier at 418-878-1572 or by Email  
[yogicynhatha@gmail.com](mailto:yogicynhatha@gmail.com) or [www.yogicyn.com](http://www.yogicyn.com)

**INTRODUCTION TO COMPUTER COURSE**

Introduction classes will be given by Daniel Beaubien (581 953-1290) at the Community Center.

**Internet-Facebook-how to use a laptop, desktop, tablet-etc.**



# Inscriptions Studio Dépendanse

SAINT-GABRIEL-DE-VALCARTIER



## Winter session (starts January 22<sup>nd</sup>)

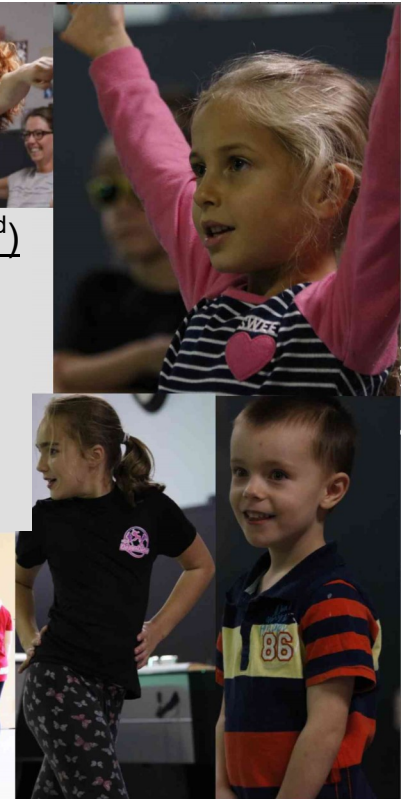
- 15 classes
- A rehearsal and a show
- Cost: \$100/student and \$5 off each additional child from same family
- Classes for children 3 years and over and a « mommies » group on Monday nights



Laurie Pelletier

[studio.dependanse@gmail.com](mailto:studio.dependanse@gmail.com)

418-570-0911



## BETTY'S QUILTERS

Welcome new members! This activity is for adults.

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

**WHERE:** Community Center  
**WHEN:** Mondays, as of January 15<sup>th</sup>  
**SCHEDULE:** 9:00 am to 3:30 pm  
**COST:** \$30 for the year

Information meeting on the first Monday.

**WE WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO THOSE OF YOU WHO CAME TO ENCOURAGE US DURING OUR LAST EXHIBITION LAST OCTOBER 15<sup>TH</sup>.**

## HATHA-YOGA MARILYN PARENT

Take care of your body, it's the only place you can live...Namasté!

**WHEN:** Wednesday 9:30 to 10:45 am  
 Friday 10 to 11:45 am  
**COST:** \$120 or \$220 (2X/week)  
**DURATION:** 10 courses as of January 15<sup>th</sup>  
**WHERE:** Complex 1754

### INFORMATION | REGISTRATION:

418 844-3916 or parent\_marylin@hotmail.com

**\*Minimum of 8 inscriptions needed for courses to take place**

## HISTORICAL COMMITTEE

The Historical Committee of Saint-Gabriel-de-Valcartier would like to invite families to the annual Christmas Tree Lighting activities on December 16<sup>th</sup>. Put away those electronic devices and join us to make old-fashioned crafts. Kids will love to make something for their own Christmas tree!

By the same token, we invite you to discover our new "space" very soon. Indeed we will move into a local at the Complex 1754 (1754 Boulevard Valcartier). Our community's history, your history, gathered in one place. You will find old photos, maps, artifacts and more. Do you have an interest in family genealogy? Do you have old stories of your grandparents to share? Let's ensure that they are passed on to future generations. Be on the lookout for more information about our grand opening!



## ENGLISH CLASSES WITH JENNA (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 either for travelling or business. All classes will be tailored and adapted to what you need to learn.

**WHEN:** Wednesday 7 to 8 pm  
 As of January 17<sup>th</sup>  
**COST:** \$80/4 courses  
**WHERE:** Valcartier Community Center  
**INFORMATION :** Pamala Laberge 418-844-1218  
 or plaberge@munsgdv.ca

## EXPOSITION DE LORRAINE BOUDREULT, ARTISTE PEINTRE

Lorraine Boudreault, a native of Saint-Gabriel-de-Valcartier will present works created during her artistic journey.

A professional artist for the past 25 years, she works in the art world by exhibiting in many professional art galleries, among others, at the *Grand Théâtre de Québec*.

Reproductions of her work can also be found in numerous Quebec households, since many editors have made her work known between 2001 and 2010.

Lorraine Boudreault's paintings relate to passion, nature, music, and this, always with a poetic approach and a language which is all her own.

For this exhibition, she offers a few paintings accomplished during the different periods of her trade as a painter...a retrospective of the last 15 years in order to introduce her work to our residents so that they may get to know her better.

Welcome all!

**WHEN:** December 15 to January 15

**SCHEDULE:** 6 am to 9 pm Monday to Thursday | 6 am to 7 pm Friday |  
7 am to 4 pm Saturday

**WHERE:** Complex 1754 Boulevard Valcartier

**COST :** Free entry for everyone

**Please note that the artist will be present on the following dates:**

Saturday and Sunday, December 16th, 17th from 1:30 to 4:30 pm

Friday, December 29th, from 1:30 to 4:30 pm

Sunday, January 7th from 1:30 to 4:30 pm



Le chant sacré

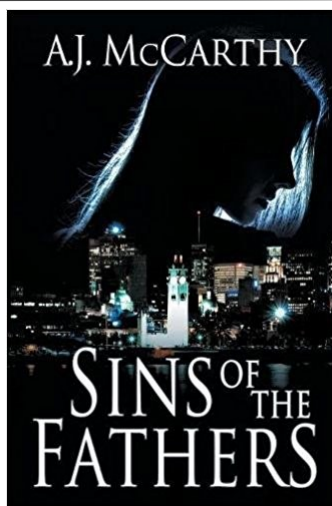
## BOOK LAUNCH BY AUTHOR ANITA JACK (A.J. McCarthy)

On Saturday, December 9th, we celebrated the release of Anita Jack's second published novel, *Sins of the Fathers*. It's a story set mostly in Montreal, with a brief journey to Dublin, Ireland. She writes in the suspense genre, and this particular story involves a Montreal pub owner, Charlene Butler, her best friend Frank, and a private investigator, who goes by the name of Simm.

The plot centers around anonymous harassment directed at Charlene in the form of letters, threats, and various other things that I won't mention at this point. But, I will say that there is some involvement with the Irish Mafia, both in Montreal and in Dublin.

Anita began writing over a dozen years ago, she has since penned five complete novels and is presently working on the sixth. Of the five, her first (*A Promise to Keep*) was self-published under her real name, and two others (*Betrayal* and *Sins of the Fathers*) have been published under her pen name, A.J. McCarthy.

Since she began writing, she has always had a work in process. It can be a long process, especially when you already have a full-time job, but she thinks of it as a challenge, and the reward is the satisfaction of having a completed project at the end. As a bonus, each step in the journey is one that she enjoys and appreciates. You may purchase her book through AMAZON or borrow it from the Municipal Library.



## CLUB ADOS SCHEDULE

<b>Wednesday</b>	<b>6 to 9 pm</b>
<b>Thursday</b>	<b>6 to 9 pm</b>
<b>Friday</b>	<b>6 to 10 pm</b>
<b>Saturday</b>	<b>6 to 10 pm</b>

For teens aged  
11 to 17 years old  
Situating in the basement  
behind the Community Center  
Follow us on Facebook for the  
schedule of activities

**Clubados Valcartier**





# Connect to your military community!

## CAFconnection.ca/Valcartier

- Facilities
- Fitness
- Sports
- Health Promotion
- Messes
- Adsum Newspaper
- Community Recreation
- Centre Castor
- Food Services
- Family Centre
- And so more!



## “La carte de Noël régionale 2017” Contest AND THE LAUREATES ARE...

Last November 9th, the Laureates for the 17th edition of the Regional Christmas Card Contest were unveiled at the Community Center in Saint-Gabriel-de-Valcartier.

### The Laureates unveiled

This year, the high honours went to Mélika Hamel who charmed the Committee with her work entitled « Un Noël pour le Cardinal ». The young artist, from Sainte-Catherine-de-la-Jacques-Cartier therefore becomes the first Laureate to win this contest in the Young Talent Category. Her artwork will be used to represent the MRC de La Jacques-Cartier's Christmas card and will be sent to the MRC's collaborators and partners, in addition to being exposed permanently at the MRC's offices.

This year again, the Contest was very popular since 168 pieces were submitted for judging. “The impressive participation, year after year, testifies to the importance and attachment of this contest for the citizens in the La Jacques-Cartier region”, remarked Mr. Brent Montgomery, Mayor of Saint-Gabriel-de-Valcartier on this occasion.

### Saint-Gabriel-de-Valcartier, proudly represented

The Municipality of Saint-Gabriel-de-Valcartier was proudly represented on this 17th edition of the Christmas Card Contest whereas Mrs. Mme Marielle Rioux once again conquered the public's admiration by winning the “Coup de cœur” prize (her work of art can be found on the cover page of this journal).

“Much more than a simple contest, the Regional Christmas Card has now become a rallying family event. A contest which encourages creation in visual arts, no matter the age or level of practice. I am delighted to see the local talent stand out so”, added Mayor, Mr. Brent Montgomery.

Residents and visitors alike were able to view about thirty works submitted in the context of this Contest, particularly during an exhibition at the Saint-Gabriel-de-Valcartier Municipal Library. The exhibition will next be transported to the *Maison Catherin'Art* in Sainte-Catherine-de-la-Jacques-Cartier from November 24th to December 6th and then to the *Grange du presbytère* in Stoneham-et-Tewkesbury from December 8th to 13th.



Mr. Montgomery and Mrs. Marielle Rioux

MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



*Together,  
in the Heart of  
Nature*

SAINT - GABRIEL  
- DE -  
VALCARTIER

1743 Blvd. 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**



## CHURCH SERVICES

**ST. GABRIEL CATHOLIC CHURCH** : Sundays at 9 am

**DECEMBER 24TH AT 8 PM : CHRISTMAS CELEBRATION**

December 31st and January 1st at 9 am

**ANGLICAN CHRIST CHURCH** :

December 3rd and 17th at 9 am (3rd Sunday only for  
Jan., Feb., March)

**ST-ANDREWS PRESBYTERIAN CHURCH**: Dec. 3 at 9 am

Dec. 17th at 7 pm: Candlelit Ceremony

### ECUMENICAL CHRISTMAS SERVICE

THE ST. ANDREWS UNITED CHURCH PARISHIONERS WOULD LIKE TO INVITE ONE AND ALL TO  
THE TRADITIONAL CHRISTMAS ECUMENICAL SERVICE TO BE CELEBRATED ON SUNDAY,  
DECEMBER 24<sup>TH</sup> AT 3 PM AT **1755 BOULEVARD VALCARTIER. WELCOME TO ALL!**

## MUNICIPAL AQUEDUCT USERS

### TO RECEIVE WATER BOIL OR REPAIR ADVISORIES IN A TIMELY MANNER;

We invite you to provide one of the following communication methods\* stating your name, address and telephone number:

- A cell phone number to receive text messages; send to admin@munsgdv.ca along with your service provider
- A valid e-mail address to receive an automated message sent to admin@munsgdv.ca
- Or subscribe to our newsletter which can be found on the municipal website [www.saint-gabriel-de-valcartier.ca/receive news by e-mail](http://www.saint-gabriel-de-valcartier.ca/receive_news_by_email).

\*Please note that this information will only be used to communicate public health and security messages. If you don't have access to any of these communication methods, **please call the Municipality at 418-844-1218 to provide a current telephone number where you can be reached.**

## DATES TO REMEMBER

### DECEMBER

**Nov. 27-Dec. 18** - Donations accepted for Christmas baskets

**15 -** Deadline to install winter tires on your car, Christmas story time at the Library, artwork exhibition by Lorraine Boudreault

**16 -** Annual Christmas Tree Lighting festivities

**25-26** - Physik Center CLOSED

**22-2** - Municipal offices and Library closed

**24 -** 3 pm: Ecumenical Christmas Service at St. Andrews United Church

### JANUARY

(Dog license renewal month)

**1-2 -** Centre Physik FERMÉ

**11 -** Monthly collection of bulk waste

**8 to 12** - Sports and Recreation registration period

**Week of the 8-** Special Christmas tree collection

**6 -** Taekwon-Do refundable bottle and can drive

**9-** Beginning of winter sessions for Playgroup, Taekwon-Do

**10 -** Outdoor hockey starts

**15-** Beginning of Step, extracurricular training, Aikibudo, Pickleball, Hatha Yoga, Quilting

**16-** Beginning of Mom and Me training, 50+ training, Cardio stretch lunch duo, Piyo, painters group meetings, knitting group meetings

**17 -** Beginning of Insanity, Turbo-kick, Core de Force, and English classes

**18 -** Beginning of Cardio-muscle-stretch evening trio, Chair Yoga

**22-** Hip-hop dance classes start

**24 -** Beginning of Zumba

### FEBRUARY

**1 -** Monthly collection of bulk waste

**9-** Valentine story time at the Library

**14-** Family Skate Night

**Publication of the next Indispensable News Bulletin**