

SAINT - GABRIEL
- DE -
VALCARTIER

A WORD FROM THE MAYOR

Winter certainly arrived early this year and caught most of us by surprise. Some of our municipal road works were not able to be completed fully. Finishing touches such as landscaping on roadsides and the painting of lines will be carried out in the spring. In a recent letter, the MTQ confirmed its commitment to continue working with the Municipality to improve security and the flow of traffic on Boulevard Valcartier.

Just over a year has passed since the opening of Complex 1754. Gym memberships have continued to increase at a steady pace and all comments are very positive. Cultural activities continue to take place on the first floor and an "open house" is being planned for January. We are also pleased to learn that the farmer's market plans to return next summer.

Our new municipal evaluation roll for 2019-2020-2021 has been deposited. Properties in our Municipality continue to increase in value which is a signal of a healthy economy. Council has started the task of preparing the municipal budget for 2019. As usual, all efforts will be made to keep the lowest tax rate possible while maintaining

THE INDISPENSABLE NEWS BULLETIN



and increasing services.

Congratulations are in order for one of our citizens, Caroline Longchamp, who qualified and competed in the world Ironman competition for women in Hawaii. Well done Caroline! We are also very pleased to announce that Mrs. Heidi Lafrance, a long-time municipal employee has been named assistant Director general and assistant Secretary Treasurer

for the Municipality. Heidi has worked for us for the past fifteen years (15) and this promotion reflects the competence and dedication she has demonstrated time and time again during her tenure. Wishing you continued success Heidi!

Brent Montgomery

Volume 12 | Issue 1

DECEMBER 2018

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**PLEASE NOTE THAT
THE MUNICIPAL
OFFICE WILL BE
CLOSED FOR THE
HOLIDAYS FROM
MONDAY,
DECEMBER 24TH
TO WEDNESDAY,
JANUARY 2ND
INCLUSIVELY**

**CHRISTMAS
TREE LIGHTING
FESTIVITIES ON
DECEMBER 16TH**
Invitation and
program
on page 2

INVITATION

THE MUNICIPAL SPORTS AND RECREATION DEPARTMENT INVITES THE POPULATION TO

The 2019 Christmas Tree Lighting Activities

SUNDAY, DECEMBER 16 FROM 12:00 to 4:30 pm

At the Community Center

SKATING AND FAMILY HOCKEY GAMES

noon to 4 pm

All day:

Hot chocolate (free), photo booth, Cotton candy (free), Gingerbread house contest, Soup (free while supplies last!) bring your lunch to complete your meal

Face painting noon to 2:30 pm

Elf hunt noon to 3 pm

Santa's arrival 3 pm

Hip Hop Show 2 pm

Crafts noon to 2:30 pm

CAROLS AROUND THE CHRISTMAS TREE AND LIGHTING OF THE TREE

4 to 4:15 pm

Welcome home for the Holidays!

*Not to be
missed!*

Animation
for children
on-site!

Gingerbread
house
contest*

FREE

*See our website for rules



CHRISTMAS STORY TIME

Begin your Christmas festivities at the Library on **Friday, December 14th 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 pyjamas and bring your favorite stuffed toy and blanky. Remember that Santa Claus will be at the Community Center on Sunday, December 16th, 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

A book exchange was held in December, come see what's new!

Membership is free.

Opening hours

Monday: 2 to 4:30 pm
Tuesday: 10 am to 12 pm
and 4:30 to 8:30 pm
Wednesday: 6:30 to 8:30 pm
Saturday: 2 to 4 pm

The Library will be closed for the Holidays from December 20th to January 6th inclusively.

MUST READS!

ADULT:

Becoming
-Michelle Obama



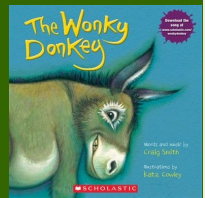
YOUNG ADULT:
Louisiana's Way Home

-Kate DiCamillo



CHILDREN:

The Wonky Donkey
-Craig Smith



CHRISTMAS HAMPERS-YES, WE DO HAVE PEOPLE WHO ARE IN NEED!

The **Roger Lamont Foundation'** mandate is to support all socially and economically disadvantaged people in our Municipality. Although we do live in a privileged society, not everyone can say the same and the Foundation was created to develop a united community. At this time of the year, the Foundation's main activity is the preparation of Christmas hampers for needy families. Here are a few ideas concerning preferred items:

- Whole grain rice
- Couscous
- Slow cooking oats
- Breakfast cereal rich in fiber and dried fruit or dark chocolate
- Chocolate or oatmeal cookies
- Muffin mix bran/oat
- Whole wheat flour
- Whole grain crackers or rusks
- Fruit leather
- Dried fruit (dates, raisins, cranberries, figs)
- Pure fruit juice no added sugar
- Tomato sauce and paste
- Artichoke/palm hearts
- Olives and pickles
- Canned vegetable soups
- Pudding (Boxed or off the shelf)
- Soy beverages and puddings (off the shelf)
- Powdered milk, evaporated, or Tetra Pac
- Tuna, salmon, sardines, shrimp
- Legumes or canned baked beans
- Peanut/almond butter
- Nuts and seeds
- Olive/avocado/canola oils
- Wine/balsamic vinegar
- Tea/coffee
- Toilet paper
- Toothbrush/toothpaste
- Deodorant



- Soap: Body wash/laundry detergent/ dishwashing liquid

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.

Please note that cash donations may be sent by cheque made out to: Fondation Roger Lamont before December 17th for the Christmas hampers. A receipt will be sent for donations over \$20.00.

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) : 5-1-1

Boulevard Valcartier: from no 1600 to 1860

5th Avenue: up to the Tewkesbury limit

For all other roads within the Municipality:

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

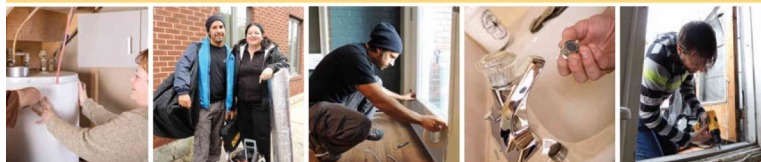
GET A GRIP!

Install winter tires

before December 15th



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

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



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



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

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



ARE YOU OR IS SOMEONE YOU KNOW GOING THROUGH A DIFFICULT TIME?

Info-Social 8-1-1 is a confidential telephone consultation service which offers English services. This service is offered 24 hours a day, 365 days a year by social workers.

You can telephone for yourself or for a loved one, whatever your age.

FOR MORE INFORMATION: INFO-SOCIAL 8-1-1
WWW.CIUSS-CAPITALENATIONALE.GOUV.QC.CA

CIVIL SECURITY—DISASTER PREPAREDNESS

You are the first person responsible for your own safety!

In an emergency situation or disaster, it's up to you to take the first steps to assure your own safety, that of your family and the safeguard your property.

What you can do?

- ✓ Find out from your municipality or the Internet about the risk of disaster in your community and the measures to take to protect yourself
- ✓ Prepare an emergency family plan.
- ✓ Have an emergency kit at home at all times containing the essential items that will help you survive for the first 3 days of an emergency and that you can take with you in the event of an evacuation.
- ✓ Insure your assets properly.

Did you know that... Over 5,300 principal residences, located in 291 municipalities in 15 of Québec's 17 administrative regions, were flooded during the spring 2017 floods? More than 4000 people were evacuated from their homes.



BULK HOUSEHOLD WASTE COLLECTION

In 2018, the Municipality revised its procedures for the collection of bulk household waste. This service is offered so that residents can rid themselves of objects not accepted in the regular garbage and recycling services. As of January 1st, 2019, the collection will be offered a **maximum of 4 times per year per household** and we will not pick up ANY construction/renovation materials. During the winter season, the bulk waste collection is held **once per month**, therefore on **December 6th, January 10th, February 7th and March 7th**. We remind you that you must call **418 844-1218** to schedule this service or register on-line on the Municipality's website, under the «On-line request» section. To reach the Stoneham Ecocenter: 418-848-3134.

ANNUAL BOTTLE AND CAN DRIVE



PUT ASIDE YOUR EMPTY BOTTLES AND CANS DURING THE HOLIDAYS!

The Taekwon-do Club's annual bottle and can drive will be held on **Saturday, January 5th, 2019 as of 9 am.**

This activity is the largest fundraiser for the Club. Amounts collected can help defray some of the training and competition costs of our members and help to purchase or repair the equipment needed for training.

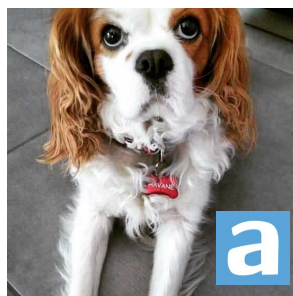
On the day of collection, all you have to do is leave your empty bottles or cans on your balcony or at the edge of your entrance and Club members will pick them up. You can also drop them at the municipal garage between 9 am and 3 pm. If you do not have bottles or cans, you can also donate money. All members of the Taekwon-do Club thank you for your generous contribution!

DOG LICENSES

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 7th**, 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... YOU CAN RECYCLE YOUR USED BATTERIES AND CELL PHONES AT THE MUNICIPAL LIBRARY ANYTIME DURING THE YEAR?

SEPTIC INSTALLATIONS-TIPS

The Municipality provides the service to empty all septic tanks every two (2) years for residential and commercial septic tanks and every four (4) years for seasonal residences. The next service will be in 2019.

Until next summer the contractor hired for our municipality is SANI-CHARLEVOIX. They can be reached at 1-418-639-2731.

The cost to empty a septic tank outside of the regular operating period negotiated in their contract is \$175.00 for a regular emptying.

Do you want to maximize the life of your septic system?

If your tank is fitted with a pre-filter, please make sure it is cleaned once a year. It is the responsibility of the owner to do so.

The primary treatment tank is used to clarify the wastewater by the decantation of suspended solids and the retention of floating material.

The biological activity (bacterial flora) present in the tank must be protected in order to avoid short term clogging of the system. In order to do so, it is essential to implement the following recommendations:

- Do not use additives in your tank.
- Use biodegradable toilet paper.
- Use a detergent with no phosphates.
- Use bleach in reasonable quantities.



Never throw the following in your toilet or sink: facial tissue (Kleenex), cotton swabs (Q-tips), cigarette butts, sanitary napkins, wipes, condoms, oils, grease and paint.



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 6th. During the evening the Mayor and municipal council thanked 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!



PROVINCE OF QUEBEC
M.R.C. DE LA JACQUES-CARTIER
Municipality of Saint-Gabriel-de-Valcartier

PUBLIC NOTICE

ASSESSMENT ROLL - FIRST YEAR

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

THAT the three-year assessment roll for the Municipality for the years 2019, 2020, 2021 was deposited;

THAT those interested may consult the said roll at the Municipal Office located at 1743, boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday, from 8:30 am to noon and from 1:00 to 4:30 pm;

THAT all complaints regarding an inscription on the assessment roll must be filed following the procedure below:

Administrative Revision:

A request for revision must be filed before May 1st, 2019 using the prescribed form (otherwise the request will be rejected) and submitted to the municipal organisation responsible for the evaluation (M.R.C. de la Jacques-Cartier, 60, rue Saint-Patrick, Shannon) accompanied by the applicable fees. The above mentioned form is available at the Municipal Office,

Revision by the Quebec Administrative Tribunal:

In the case where there is no agreement between the evaluator and the plaintiff (administrative revision), the plaintiff may file a complaint with the Quebec Administrative Tribunal (T.A.Q.) within a delay of thirty (30) days following the date on which the evaluator's response was sent, or if the evaluator neglects to produce a response, within a delay of thirty (30) days following the due date prescribed by Law.

All complaints must be made using the prescribed form and filed at the offices of the Quebec Administrative Tribunal (T.A.Q.) or at any office of the Quebec Court accompanied by all applicable fees.

For more information, contact the Municipal Office at 418-844-1218.

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER, THIS 5TH DAY OF NOVEMBER 2018.

Joan Sheehan

Director General / Secretary-Treasurer

MESSAGE FROM FIRE SAFETY SERVICES

Here are a few fire prevention tips for your holiday planning. For optimal safety, please pay special attention to By-law no. 213 regarding fire prevention:

According to article 4.6 'No one may operate a combustion apparatus in a building not equipped with a carbon monoxide detector. This means of fire detection is now mandatory.'

CHRISTMAS TREES

- Artificial trees are recommended over natural trees
- Choose a freshly-cut tree with green needles that cannot easily be removed.
- Cut the trunk on an angle, even for a tree purchased pre-cut, as this will help it to absorb water
- Place the tree in a container and always keep it full of water. A tree that has been allowed to dry out can combust quickly and easily.
- Install the tree at least 1 meter away from all heat sources, such as a heater or fireplace.
- Place the tree away from exits or hallways.
- Recycle the tree or dispose of it according to municipal by-law when the holidays are over or when it becomes too dry. Do not store it indoors, in a garage or near the house. Do not burn it in your fireplace or wood stove.
- Always disconnect the lights before leaving the house or going to bed.

DECORATIVE LIGHTS

- Use decorative lights approved by a recognized organization such as CSA or ULC
- Make sure lights are in good working order. Do not install damaged, frayed or dried out strings of lights.
- Verify the manufacturer's instructions when installing decorative lights. Often, no more than 3 strings of lights may be connected end-to-end.
- Do not pull on the cable to

disconnect the lights. This may cause damage and start a fire. Hold the plug firmly.

- Disconnect the lights before leaving the house or going to bed or use a timer.
- Do not allow children to change the lightbulbs or plug in the lights.
- Do not use decoration intended for outdoors use indoors.
- Always make sure that lights are in good condition: winter conditions can cause damage.
- Hang lights with insulated tape. Do not use nails or tacks.
- Keep connectors out of metal gutters and away from the ground.
- Remove your outdoor garlands and lights after the holidays are over to prevent damage.

CANDLES

- Never decorate your tree with candles.
- Keep candles away from curtains or any flammable object and never leave them unattended.
- Make sure that candle holders are stable and fire resistant.
- Monitor children and animals around candles.

OTHER DECORATIONS AND POSSIBLE DANGERS

- Never decorate your fireplace mantle with natural branches, such as balsam, pine or spruce. They dry quickly and may catch fire.
- Avoid decorations made of crepe paper as they are highly flammable
- Always use extension cords that are approved by a recognized organization such as CSA or ULC.
- Avoid rolling up cords that are too long to avoid the risk of overheating or cause an electric arc.
- Never leave extension cords in a high traffic area. Instead, install your tree and other electric

decorations near an outlet.

- Never hide an extension cord under a carpet or rug. The weight and friction can increase the risk of fire.
- Never leave an extension cord in a door as its insulation may be damaged if the door closes on it.
- Never overload an electric outlet or extension cord.
- Never connect extension cords end-to-end. Use only one at a time.

OTHER INFORMATION

- Provide batteries when giving a gift that requires one so no one is tempted to remove the smoke alarm batteries.
- Never burn gift wrap in the fireplace or wood stove.
- Keep exits clear of any obstacles, indoors and outdoors and shovel the walkways.
- Make sure that smoke detectors and carbon monoxide detectors are in working order. An alarm that works at all times can save lives and must be replaced as indicated inside its casing. If no date is indicated, if the detector is damaged, or if they no longer emit a signal after changing the batteries, it must be replaced. It is important to install, when necessary, a carbon monoxide detector in order to protect your life as well as your loved ones. Smoke detectors and carbon monoxide detectors are not a choice, they are an obligation!

Pascal Gagnon
Fire prevention technician

SPORTS AND RECREATION - 2019 WINTER PROGRAM

ON-LINE REGISTRATION AND PAYMENT

Activities offered by the Sports and Recreation Department of the Municipality, must now be done through our Amilia platform, you must create a user account by visiting 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/ 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.

KNITTING GROUP

WHEN: Tuesdays at 4:30 pm
COST: free
DURATION: beginning January 15th
WHERE: Municipal Library
INFORMATION : Pamala Hogan Laberge 418 844-2097
 Bring your own equipment if you have any, otherwise we will lend you some



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
SCHEDULE: 8 h30 am to 3:30 pm
DURATION: 11 weeks from January 8 to April 28
COST: 2 days a week: \$290
 3 days a week: \$430



Please note that there will be no Playgroup during March Break (March 5, 6, 7).

STEP & WORKOUT (14 years and over)

WHERE: Community Center
WHEN: Mondays
 7 to 8 pm
DURATION: January 14 to April 2
COST: \$40
INFORMATION: Lise Cavier



*Men and teens are welcome! Student rebate of 50 %.
 Maximum 30 participants.*

Registration period: January 7 to 11

INFORMATION

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



(Closed Dec. 24-25 and Dec. 31 & Jan. 1.)

Clientele: 14 years and over
Schedule: Monday-Thursday 6 am to 9 pm
 Friday 6 am to 7 pm
 Saturday 8 am to 4 pm
Where: Complex 1754 (1754 Blvd Valcartier)

PRICE LIST

1 month: \$30/person or \$40/family*
 3 month: \$60/person or \$80/family*
 6 month: \$110/person or \$140/family*
 1 year: \$200/person or \$260/family*

*family : adults and children/students aged 14 to 25

Students (14 to 25 years old), volunteers, 50+ :

➡ 50% rebate (does not apply to session cards)

1 session : \$5/person
 Card 20 sessions : \$60/person
 Non-residents : \$20 extra (under memberships)



CPR COURSE

(Cardio-pulmonary resuscitation)

We may offer a CPR/First Aid course depending on interest. Please call to reserve your place 418 844-2097.



HOME ALONE

Youth 11 years of age and older (must be 11 years of age before the end of the course or enrolled in Grade 6) to participate in this course. Contact Pamala Hogan



Laberge 418 844-2097. A course will be offered on Wednesday, March 6, 2019 from 8:30 to 2 pm. The cost to attend is \$50.

Materials required: cold lunch and crayons

Minimum of 12 participants.

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 14th
SCHEDULE: 9 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
 EXHIBIT LAST OCTOBER 14TH.



The producers of the Saint-Gabriel-de-Valcartier public market unite to wish the whole population a very Merry Christmas Thank you to all our customers for your support during the summer season 2018. We will be back during the 2019 summer with full of novelties and surprises!

**AIKIBUDO**

(men and women aged 16 and over)

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

WHEN: Monday 7 to 8:30 pm
 Wednesday 7 to 8:30 pm

COST: \$40

DURATION: 10 weeks as of January 15th

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)

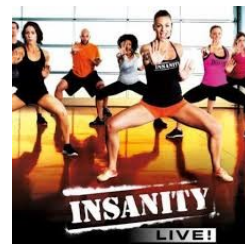


AAKQ

**INSANITY LIVE, TURBO KICK, PIYO**

WHEN: Wednesdays 6:30 to 7:30 pm
COST: \$90
DURATION: 10 classes
 as of January 9

WHERE: Complex 1754
INFORMATION :
 edesloges@hotmail.com



WHEN: Thursdays 6:30 to 7:30 pm
COST: \$110
DURATION: 10 classes
 as of January 22

WHERE: Complex 1754
INFORMATION :
 homefitmanon@gmail.com



WHEN: Tuesdays 6:30 to 7:30 pm
COST: \$110
DURATION: 10 classes
 as of January 22

WHERE: Complex 1754
INFORMATION :
 homefitmanon@gmail.com
****Minimum of 10 participants**

**MARIE-ÈVE ROCHETTE HEALTH TRAINING****MOMMY AND ME TRAINING (0-2 YEARS OLD)**

Fun and healthy postpartum workout with baby.

WHEN: Tuesdays 9 to 10 am
 (free trial on January 8th)

COST: \$50 /12 classes
 or \$10 /class as of January 16th

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 8th)

COST : \$50/12 classes or \$10/class
 as of January 16th

WHERE: Community Center

Equipment required: sneakers, water, towel

INFORMATION : Marie-Ève Rochette,
 Kinesiologist | 581 995-5580



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
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 door...let's take advantage of it!

PAINTING FOR PLEASURE...NEW

WHEN: every Wednesday at 9 am and one Monday per month 6:30-9 pm

COST: Free

DURATION: as of January 16th

WHERE: Complex 1754

INFORMATION : Pamala Laberge
plaberge@munsgvdpv.ca
or 418 844-2097

Contact me to find out what to bring!



BADMINTON

Free and informal games

WHEN: Friday nights at 8 pm

WHERE: Mont Saint-Sacrement
High school

Person responsible:
Samuel.Montminy@hotmail.com

BRING YOUR EQUIPMENT



FAMILY SKATE NIGHT

Decorate your helmet or put on a funny hat for this family activity to be held on Wednesday, **February 13th 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 20th in case of bad weather.



HOCKEY

Those interested in playing hockey should come to the skating rink on **Wednesday** nights as of **January 9th** 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 body check
- 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.

**NEW SERVICE!
SKATE SHARPENING
\$5**

MULTISPORTS

WHEN: Friday nights at 7 pm (with Ben McBain)

COST: Free

DURATION: as of January 14

WHERE: Mont Saint-Sacrement High school

INFORMATION : Pamala Hogan Laberge
plaberge@munsgvdpv.ca or 418 844-1218

TAEKWON-DO

2019 Winter session

**Registration period from December 8 to
January 9, 2019**

****\$10 rebate on registrations received
before January 2nd****

WHAT IS TAEKWON-DO?

Taekwon-do is a martial art aimed at the global development of the person on the physical, cognitive, social and moral levels. More specifically, it is a method of self-defence with bare hands characterized by various techniques of blocking, kicking and blows with the hands.

BENEFITS

Many benefits are noted physically and psychologically. In particular, we see improvements in:

- ✓ Concentration
- ✓ Stress management
- ✓ Coordination
- ✓ Self-confidence
- ✓ Equilibrium

**OUR APPROACH**

Our classes are offered in a warm atmosphere. Training techniques are progressive and they are practiced and supervised by qualified instructors according to the values of Taekwon-do (self-control, courtesy, perseverance, courage and integrity).

**REGISTRATION AS OF 4 YEARS OLD DIRECTLY THROUGH
AMILIA.**

**PICKLEBALL****(Men and women)****WHEN:** Monday & Wednesday at 7 pm**COST:** Free**DURATION:** weekly as of January 15**WHERE:** Mont Saint-Sacrement

INFORMATION : Pamala Hogan
Laberge 418 844-2097
or plaberge@munsgdv.ca

**CHAIR YOGA****Everyone can practise yoga!****Atmosphere of trust and respect****Union - Awareness - Passion - Calm**

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 17th

WHERE: Community Housing Residence
(1711 Boul. Valcartier)

INFORMATION : Cynthia Carrier at 418-878-1572 or by Email
yogicynhatha@gmail.com or www.yogicyn.com

Course	Session	Day	Time	Level	Cost
Traditional 9-12 years old	Jan 8 to March 21	Tue	6:15 7:30	Beginner red	\$60
Traditional 9-12 years old	Jan 8 to March 21	Thur	6:15 7:30	Beginner red	\$60
Traditional 13+ years old	Jan 8 to March 21	Tue	6:15 7:30	Beginner blue	\$60
Traditional 13+ years old	Jan 8 to March 21	Thur	6:15 7:30	Beginner blue	\$60
Traditional advanced	Jan 8 to March 21	Tue	7:45 9:00	Ceinture blue 1 +	\$60
Traditional advanced	Jan 8 to March 21	Thur	7:45 9:00	Ceinture blue 1 +	\$60
Parent-child 4-5 years old	Jan 12 to March 23	Sat	9:00 9:45	Initiation	\$40
Initiation 6-8 years old	Jan 12 to March 23	Sat	10:00 11:00	Initiation	\$50
Competition team	Jan 12 to May 25	Sat	11:15 12:45	Competition	\$110

CHOIR

A musical group where we sing to have fun, relax, laugh and meet new people with the same interests.

WHEN: Monday nights at 7 pm at the Community Center**INFORMATION :** Pamala Hogan Laberge 418-844-1218

WORLD'S #1 SELF DEFENSE SYSTEM

KRAV MAGA

12 YEARS AND OLDER
UNDERGROUND

QUEBEC KRAV MAGA SCHOOL (SDK FED. (EUROPE))
WWW.SDK-INTERNATIONAL.COM

SCHEDULE : TUESDAY & THURSDAY 6:45PM À 8:15PM
(STARTING JANUARY 8TH 2019)

KRAV MAGA IS A MODERN MARTIAL ART THAT IS SIMPLE, DIRECT AND EFFECTIVE FOR EVERYONE AGAINST ANY KIND OF THREAT.

THIS SELF DEFENSE SYSTEM WILL PUT YOU IN A GOOD PHYSICAL SHAPE AND WILL HELP YOU DEVELOP YOUR ENVIRONMENT AWARENESS.

KRAV MAGA USE STRIKING TECHNIQUES AND MANIPULATIONS ON HUMAN BODY WEAKNESS POINTS SO YOU CAN CONTROL A POTENTIAL AGRESSOR WHAT EVER IS WEIGHT OR IS HEIGHT.

COST : RESIDENTS / NON-RESIDENTS

1 MONTH : \$40 / \$50
3 MONTHS : \$110 / \$125
6 MONTHS : \$200 / \$225
ANNUAL : \$350 / \$400
TRY A FREE COURSE AT ALL TIME

WHERE : PHYSIK CENTER
1754 BOUL. VALCARTIER,
ST-GABRIEL-DE-VALCARTIER, QC
G3N 1C9

WWW.KRAVQUEBEC.COM

REGISTRATIONS & INFORMATIONS : DANIEL LAPOINTE (418-809-0610)



Ligue de softball masculine compétitive-récréative de Saint-Gabriel-de-Valcartier

2 PARTIES PAR SEMAINE, LES MARDIS ET JEUDIS À 19H15 ET/OU 20H45

3 JOUEURS PROTÉGÉS PAR ÉQUIPE, LES AUTRES JOUEURS AU REPÊCHAGE

INSCRIPTIONS ET INFORMATIONS
SAISON ESTIVALE 2019

INTÉRESSÉ À REJOUER AU SOFTBALL L'ÉTÉ PROCHAIN?

- Début de la saison le mardi 14 mai. Fin de la saison, début septembre;
- **Pour les anciens joueurs** - inscription hâtive récompensée!
 - Avant le 31 décembre: 125\$ (résidents) ou 145\$ (non-résidents);
 - Du 1er janvier au 31 mars: 140\$ (résidents) ou 160\$ (non-résidents)
 - Si l'inscription s'effectue avant le 31 mars, recevez gratuitement 1 mois d'entraînement au centre Physik;

Inscription en ligne avec le site Amilia.com

POUR INFORMATIONS OU INSCRIPTIONS:

a Contactez
Laurent Issa
laurent_issa@hotmail.com
418-844-0198

ZUMBA

Join us for the
winter Zumba session!

Wednesday nights
From 7:30 to 8:30 pm
1745 Blvd Valcartier

\$120/12 week session OR \$15/class
\$60/session OR \$8/class for children aged 7-15

Classes start on January 30th.

For more information, contact me via email: lauryfortin1@gmail.com



Inscriptions Studio DépenDanse



Début des cours 26 janvier

Une générale et un spectacle

Coût 105\$ par élève et spécial de 5\$ pour chaque
inscription supplémentaire d'une même famille

Cours à partir de 3 ans

Groupes de «mamans» et «papas»

Laurie Pelletier studio.dependanse@gmail.com (418) 570-0911

TAI CHI

LEARN TAI CHI CHUAN AND QUIGONG FOR YOUR
HEALTH!

WHEN: Monday nights 7:15 to 8:45 pm
Sunday mornings (every 2 weeks)
9 to 11:30 am as of February 11th

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



HATHA YOGA

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

CHRISTMAS GIFT
SUGGESTION!

WHEN: Wednesday 7:30 to 8:45 pm
Friday 9:30 to 10:45 am

COST: \$120 or \$220 (2X/week)

DURATION: 10 courses as of January 16th

WHERE: Complex 1754

INFORMATION | REGISTRATION:

418 844-3916 or parent_marylin@hotmail.com
NAMASTÉ

HISTORICAL COMMITTEE

"Welcome Back" Open House

The Historical Committee would like to invite you to our "Welcome Back" open house on **January 30th**: "Welcome" to our office space; your space to look "Back" to your roots. Our furniture has been built, boxes have been unpacked, software installed, pictures dusted off and we can't wait to dig into our history. On January 30th, from 4 - 7 p.m., please stop by for our festive opening and let us show you around. We will have a new exhibit on display from the 30th until February 14th for you to enjoy as well.

Our regular office hours are: Tuesdays from 7 - 9 p.m. and Thursdays from 2 - 4 p.m. Note: We will be closed for the Holidays from December 18th to January 30th.



PIANO CLASSES

WHEN: Monday to Thursday
45 minute sessions
3:30 to 6 pm

WHERE: Community Center

Information : Kathryn Seppala
seppala.kathy86@gmail.com



NOUVEAU

PROGRAMMATION ET INSCRIPTION EN LIGNE
ConnexionFAC.ca/Valcartier

HIVER 2019



Inscription aux
Activités des loisirs
 28 novembre, dès 18 h

Inscription aux
Activités parascolaires
 28 novembre, dès 18 h

Inscription aux
Activités relâche scolaire
 28 novembre, dès 18 h

L'information relative aux cours est disponible en français et en anglais sur bk.cfpsa.com/valcartierpub.

Pour vous,
 près de
 chez vous

Service des loisirs communautaires



ConnexionFAC.ca/Valcartier



LoisirsValcartier

PARTENAIRE



Service des loisirs communautaires
 Base Valcartier



LES BIBLIOTHÈQUES DE LA MRC DE LA JACQUES-CARTIER

1001 HISTOIRES À RENCONTRER

Avec une programmation variée pour tous les âges, notre réseau de bibliothèques rassemble, conscientise et façonne l'espace citoyen de nos municipalités.

ON S'Y VOIT BIENTÔT !

Entente
de développement culturel
MRC Québec



Marielle Rioux, resident and winner of the "Coup de Coeur" prize surrounded by the Mayors of Fossambault-sur-le-Lac, Shannon, Lac-Beauport and Saint-Gabriel-de-Valcartier

CONCOURS LA CARTE DE NOËL RÉGIONALE 2018

Last November 8th, the Laureates for the 18th edition of the Regional Christmas Card Contest were unveiled at the Community Center in Saint-Gabriel-de-Valcartier.

The Laureates unveiled

The collective work titled "Courtepointe" from the Alexander-Wolff daycare students in Shannon who won the highest honors and who will represent the Christmas card that the MRC de La Jacques-Cartier will give to its partners and collaborators. The work will be exhibited alongside other winning paintings, and will also be on permanent display in the offices of the MRC.

The Municipality of "Les Cantons Unis de Stoneham-et-Tewkesbury" was particularly illustrated when four artists were rewarded. Young Felix Therrien and Matilde Sousa distinguished themselves in the 5-7 year old Apprentice category and 8-9 year old Budding Artists category. While the work of Léonie Bourassa seduced the selection committee in the 12-16 year old Young Talent category, the experienced artist Suzanne Lemieux delighted the judges with her work "Last delivery", in the category Initiated Artists.

As for the artists Ariane Rémillard and Marilyne Bombardier, their talent was rewarded for a second year in a row, the first in the Junior Artists 10-11 year old category and Ms. Bombardier in the Leisure Artists 17 years and older category.

The "Coup de cœur" prize voted by the public was once again given to Marielle Rioux of Saint-Gabriel-de-Valcartier.

Special mentions

The selection committee wishes to highlight the works of Mélodie Fortin and Sarah Mercier, of Fossambault-sur-le-Lac, as well as that of Anne-Marie Bouchard of Shannon. With such a selection of quality work, their task was most delicate.

A contest as popular as ever

A total of 135 paintings were submitted for this 18th edition.

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:

every Sunday at 9:00 am

DECEMBER 24 AT 8 PM: CHRISTMAS CEREMONY

December 30 and January 1st at 9:00 am

ANGELICAN CHRIST CHURCH:

December 16 at 9:00 am

ST. ANDREWS UNITED CHURCH:

December 9 and 23 at 9:30

ST-ANDREWS PRESBYTERIAN CHURCH: December 2 at 9:00 am

December 16 at 7 pm –Candlelight Service

December 24 at 3 pm - Ecumenical Service

ECUMENICAL CHRISTMAS SERVICE

THE ST. ANDREWS PRESBYTERIAN CHURCH PARISHIONERS WOULD LIKE TO INVITE ONE AND ALL TO THE TRADITIONAL CHRISTMAS ECUMENICAL SERVICE TO BE CELEBRATED ON **SUNDAY, DECEMBER 24TH AT 3 PM AT 1827 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.

*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

Until Dec. 17 - Donations accepted for Christmas hampers

14 - Christmas story time at the Library

15 - Deadline to install winter tires

16 - Christmas tree lighting and activities

24-25 - Physik Centre CLOSED

24-6 - Library CLOSED

24-2 - Municipal office CLOSED

24 - 3:00 pm: Ecumenical Service at St. Andrews Presbyterian Church

JANUARY

(Dog license renewal month)

31-1 - Physik Centre CLOSED

5 - Taekwon-Do Club bottle and can drive

7 to 11 - Registration period for the Sports and Recreation program

Week of the 7 - Christmas tree collection

8 - Beginning of Playgroup, Taekwon-Do and Krav Maga winter sessions

9 - Beginning of outdoor hockey, Aikibudo and Insanity Live

10 - Bulk household waste collection

14 - Beginning of Step, Pickleball and Quilting

15 - Beginning of Mommy and Me training and 50+ training and knitting group

16 - Painting for pleasure group and Hatha Yoga

22 - Beginning of Piyo and Turbo-kick classes

17 - Beginning of Chair Yoga

26 - Beginning of hip-hop dance classes

30 - **Historical Committee Open House** and beginning of Zumba

FEBRUARY

7 - Bulk household waste collection

11 - Beginning of Tai Chi classes

13 - Family Skate Ball

15 - Saint-Valentine story time at the Library

Publication-next Indispensable News Bulletin
(mid-February)