



SAINT • GABRIEL  
• DE •  
VALCARTIER

Volume 12 | Issue 2

February 2019

### Inside this issue:

Community Information	2, 14
Municipal taxes	4
Urbanism	3, 5
Public Works	5
Fire Safety Services	6
Sports, Recreation and Culture	2, 3, 7-13

**MUNICIPAL  
OFFICES CLOSED  
FOR EASTER**

**FRIDAY,  
APRIL 19  
AND  
MONDAY,  
APRIL 22**



**Don't forget to  
change your clocks  
(spring forward),  
check your smoke  
detectors and  
change the  
batteries on  
March 10<sup>th</sup>.**



# THE INDISPENSABLE NEWS BULLETIN



## HAPPY VALENTINE'S DAY

### A WORD FROM THE MAYOR

The month of January certainly brought more than its quota of snow. Many of us got extra exercise shovelling our roofs and walkways but in our part of the world I guess it is to be expected.

January also brought a new municipal budget. I am pleased to announce that, in spite of an increase of more than 3 % in expenses, we will maintain our general land tax rate at \$ 0,34 per \$100 evaluation and \$0,47 for non-residential properties. This is a result of numerous committee meetings to analyse our needs and services and to maintain our guiding

principle of providing the maximum of services for the most reasonable cost.

Our major capital project for 2019 will be the re-positioning of the skating rink. Other notable projects include the installation of culverts at the end of rue Caroline, replacement of planks on Clark's Bridge, extension of the walking path past the Community Housing Residence and renovations to the kitchen in the Community Center.

I would also like to mention the continued success of the Physik Centre. Visits to the gym surpassed 14 000 which is more than double

the previous high. The first floor of Complex 1754 is used regularly for courses and cultural events and houses the Historical Committee who is planning an Open House for February 27th.

Finally, congratulations to Shelley MacDougall for 25 years of service on Municipal Council. This milestone of dedicated service to your community is something to be proud of. Thank you for your continued implication.

*Brent Montgomery, Mayor*

PLEASE KEEP AS A REFERENCE DOCUMENT UNTIL MAY 2019

## VALCARTIER ELEMENTARY SCHOOL - CLOTHES DRIVE APRIL 29 TO MAY 26

Following the success of the first clothes drive the VES PPO decided to have a second used clothes collection. In collaboration with the Municipality, a temporary thrift shop will be set up in the basement of the Community Centre from May 4<sup>th</sup> to 24<sup>th</sup>, 2019. You can drop off your donations of gently used clothing at the door to the thrift shop. We will also be participating in the Community Yard sale at the Municipality on May 26th. We will be selling clothes and will also have table for snacks and hot dogs. Come and encourage us! For information, please contact Véronique Charbonneau, VES PPO [veronique\\_charbonneau@hotmail.com](mailto:veronique_charbonneau@hotmail.com).



**SNOW CASTLE CHALLENGE**

**BUILD A SNOW CASTLE AND TAKE A PICTURE OF IT**

**TO BE ELIGIBLE TO THE CONTEST, YOU MUST DOWNLOAD YOUR PICTURE IN THE « PARTICIPER » SECTION OF THE WEBSITE**

**WWW.DEFICHATEAUDENEIGE.CA**

Kino Québec

Défi CHÂTEAU DE NEIGE

Québec

**7 JANVIER AU 11 MARS 2019**

You are invited to the  
**Saint-Gabriel-de-Valcartier  
Historical Committee's**

## "Welcome Back" Open House

Wednesday, February 27th 2019  
from 5 p.m. to 7 p.m.  
1754, boul. Valcartier (new complex)

We 'Welcome' you to our new office space;  
your space to look 'Back' to your roots.

**DON'T MISS OUR NEW EXHIBITION**



**FROM FEBRUARY 27 TO MARCH 15!**





## EMPTYING OF SEPTIC WASTE INSTALLATIONS 2019 SUMMER

The Municipality offers 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.

### 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.

## NOTICE TO 5TH AVE. AND BOULEVARD VALCARTIER RESIDENTS

The Municipality of Saint-Gabriel-de-Valcartier wishes to inform its citizens of a change concerning civic numbers on its territory.

All residences located on 5th Avenue and on Boulevard Valcartier will have their civic numbers modified. This situation is out of our control and aims to increase the safety of our residents and facilitate the work of first responders, paramedics and firefighters.

No new civic number is currently assigned. The changes will begin on 5th Avenue at the end of August and will be spread over a two-year period.



## MARCH BREAK ACTIVITIES MARCH 4<sup>th</sup> to 8<sup>th</sup>, 2019

**Daycare service:** offered Monday to Thursday from 7 am to 5 pm. Minimum number of registrations required is 10. Register before February 27<sup>th</sup>. **To register:** [amilia](mailto:plaberge@munsgdv.ca) Info: [plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca)

**Activities:** Registration before February 27<sup>th</sup>, maximum of 25 children from kindergarten to 6<sup>th</sup> grade.

DAY	ACTIVITY AM	ACTIVITY PM	PRICE <u>WITHOUT</u> DAYCARE SERVICE	PRICE <u>WITH</u> DAYCARE SERVICE	EVENING ACTIVITY
MONDAY	OUTDOOR ACTIVITIES	MISHMASH	\$20/CHILD \$30/FAMILY	ADD: \$10/CHILD OR \$15/FAMILY	
TUESDAY	THEATER SONGS BOARD GAMES	CINEMA LE CLAP	\$10/CHILD (AM ONLY) \$15/CHILD (PM ONLY) \$20/CHILD (FULL DAY)	ADD: \$10/CHILD OR \$15/FAMILY	FUNDRAISING SUPPER MARDI GRAS – PANCAKES (volunteer donations)
WED.	PAINTING WORKSHOP	COOKING WORKSHOP	\$10/WORKSHOP OR \$20/FULL DAY	ADD: \$10/CHILD OR \$15/FAMILY	FAMILY MOVIE NIGHT (FREE)
THURSDAY	VILLAGE VACANCES VALCARTIER		\$20/CHILD	ADD: \$10/CHILD OR \$15/FAMILY	
FRIDAY	BINGO	NO ACTIVITY	\$5/CHILD		

## NEW TRIENNIAL ASSESSMENT ROLL FOR 2019-2020-2021

As required by the Law Respecting Municipal Taxation, a new assessment roll was prepared by the Altus Group, a firm of external evaluators mandated by the MRC de La Jacques-Cartier for property assessment work on its territory. This new role is effective for the 2019, 2020 and 2021 fiscal years and, unless there are changes to the building, these values are valid for the duration of the triennial assessment roll. The evaluation roll reflects the real value of a building, which is most likely the price a buyer would accept to pay in a private sale, if that property were offered for sale. The value is established by considering real estate market conditions as of July 1<sup>st</sup> of the year preceding the filing of the roll, that is to say July 1<sup>st</sup>, 2017. The assessment roll is then used by the Municipality and the school board to equitably distribute the tax charge corresponding to the services offered.

### Roll Statistics

- Total value of immovables - new roll 2019-2020-2021, all categories together, established at \$890,850,300, an increase of \$36,513,600 / 4% compared to the last assessment roll.
- Average value of residences increased from \$285,000 in the 2016-2017-2018 triennial role to \$303,200 in the 2019-2020-2021 roll, an increase of 6.4%.
- The real estate market recorded an average growth of 11% in residential land values .

It is possible to request a revision of the assessment using the prescribed form. However, the application must be made before May 1<sup>st</sup> of the first fiscal year of the roll, that is, before May 1<sup>st</sup>, 2019. After that date, the right of revision no longer exists. The person will have to pronounce on the value and mention the reasons explaining the value provided. The form is available at the Municipal office or on our website and must be duly completed and accompanied by the amount prescribed and then be deposited at the office of your municipality.

If you have any questions regarding your new municipal assessment, please contact the Altus Group Assessment Department at 418-628-6019 ext. 1835.



MUNICIPALITÉ DE SAINT-GABRIEL-DE-VALCARTIER  
Province of Québec  
M.R.C. de la Jacques-Cartier

## PUBLIC NOTICE

### Deposit of the general collection role for 2019

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

**THAT** the general tax collection role for 2019 has been completed and deposited at the municipal office at 1743 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, and that the municipal tax bills will be sent by mail on February 28<sup>th</sup>, 2019.

**THAT** the median proportion and the comparative factor for property values of units of assessment for the second year of the triennial roll are as follows:

	For the 2019 assessment role	For the purpose of municipal tax bills
Median proportion	98%	100%
Comparative factor	1.02	1.00

**GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 4<sup>TH</sup> DAY OF  
FEBRUARY 2019.**

Joan Sheehan,  
Director General/Secretary-Treasurer

## 2019 MUNICIPAL TAXES Payment methods

Municipal tax bills will be sent out at the beginning of March. The payment of the general land tax, the surtax on non-residential immovables, taxes and other compensations is to be made in a maximum of three (3) instalments. (Bills under \$300 must be paid in one payment).

The **first payment** must be made no later than **April 1<sup>st</sup>, 2019**. The **second payment**, if applicable, is due by **July 1<sup>st</sup>, 2019**. The **third and final payment**, if applicable, is due on **September 1<sup>st</sup>, 2019**.

Therefore if the first payment is late, even by a few days, the privilege to pay in three (3) instalments is forfeited. The total balance of the account will have to be paid immediately with interest.

Please pay your tax bill on time in order to avoid annual interest rates of 12% payable on all late payments.

You may pay your municipal taxes in cash (at the counter), by cheque (at the counter, by mail or through the night deposit), by Interac (at the counter), by Internet or at a financial institution ATM. For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens for a total of 10 numbers.





## NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

The **weekly collection** of non-household waste (bulk waste) **will resume in March**. The Municipality will collect these materials on a weekly basis every Thursday. This service functions on a call-in basis only, **please do not deposit non-household waste in front of large refuse containers or community mailboxes**. You must call the Municipality at **418 844-1218** to schedule this service. When you call, please be ready to give us an itemized list of materials to be collected. **Please note that this service is now offered a maximum of four (4) times per year/per household.**

It is important that the materials to be collected by the Municipality be set out in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire must be rolled and tied, etc.)

You may dispose of used tires (non-commercial use only) and rims. You can also dispose of used vegetable oil. Oil must be in its original container or in an identified clear plastic bottle.

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

For renovation materials, you may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage. We can collect a limited amount of these materials in the non-household waste weekly pick up. You must first submit a request to Dany Laberge, person responsible for Public Works. For major renovations, materials should be disposed of at the Stoneham Ecocentre 418-848-3134.

### DOG LICENSES



Please remember that according to municipal by-law, you must obtain a valid license for your dog (s) during the month of January of each year. It is now possible to renew your dog's license on-line through the *Amilia* platform on our website. Click the *Amilia* button under QUICK ACCESS and follow the directions to create an account if you haven't already done so. Under the *members* tab, add your dog by selecting the *Child* option. In the *on-line store* go to the *affiliation* tab and select *Dog license*. A new dog tag will be sent to you by mail in the following days.

## WATER METERS

Anyone with a residential property on Valcartier Boulevard, 5th Avenue, Morley Street, John Neilson Street, Chemin du Lac, Caroline Street and Place Leduc and having the aqueduct is invited to contact us if they want to be part of a study.

This program, which is a requirement of the MAMOT, aims to install water meters in twenty (20) residential homes. This aims to study the average consumption of water per household and detect any leakage or breakage in the piping or aqueduct.

This installation is completely at the expense of the municipality of Saint-Gabriel-de-Valcartier. In addition, we favor residences with unobstructed access to the municipal water inlet.

Anyone interested in participating can contact the municipal inspector. We remain available for any additional questions.

## FAULTY STREET LIGHTS

If you notice a faulty street light within the limits of the Municipality, please call **418 844-1218** and leave the coordinates of the faulty light with the receptionist or leave a message with our answering service. Please note that repairs are carried out every two weeks.



### MUNICIPAL BY-LAW

It is forbidden to park any vehicle on the street or shoulder from

**NOV. 1<sup>st</sup>**  
**TO APRIL 1<sup>st</sup>**

## IMPORTANT REMINDER WINTER FENCES / TEMPORARY SHELTERS

These temporary installations must be removed by April 30<sup>th</sup> of each year, at the latest.

# SPRING FLOODS—ARE YOU PREPARED FOR 72 HOURS AT HOME? EVERY CITIZEN IS RESPONSIBLE FOR HIS OR HER OWN SAFETY

[WWW.SECURITECIVILE.GOUV.QC.CA](http://WWW.SECURITECIVILE.GOUV.QC.CA)



IS YOUR FAMILY  
PREPARED?



## ARE YOU PREPARED?



### MESSAGE FROM THE FIRE SAFETY SERVICE

#### RECOMMENDATION

The Saint-Gabriel-de-Valcartier Fire Safety Service would like to inform citizens of the importance of having a portable fire extinguisher in one's home. Although there are no municipal by-law that regulate the obligation to have a fire extinguisher, in article 4.5.1 of By-law 213 regarding fire prevention, certain sectors in the municipality are obliged to have and maintain such a means of fire protection.

An extinguisher is a piece of firefighting equipment which allows you to control if not extinguish, a fire at the start by projecting an extinguishing agent.

If your car or home is on fire, don't count on your extinguisher to put it out. However, when a fire starts, an extinguisher could help avoid it developing into a larger fire.

Generally, in the first minute, a glass of water is enough to put out a fire. After 2 minutes, you would need several liters (such as a bucket -full), and within 5 minutes, you would need a ton of water!

There are several types of extinguishers, each adapted to a particular type of fire.

Always choose an extinguisher which has been approved by an organization such as ULC.

For a residence, we recommend an ABC-type powder extinguisher. This means that it contains a multi-use powder suitable for most fires:

#### CLASS A FIRES.

Paper, wood, material, plastic

#### CLASS B FIRES.

Oils, gas, grease, butter

#### CLASSE C FIRES

Energized electrical sources

Since the extinguisher is used to put out a fire at the start, it must be placed in an area that is easily and quickly accessible by everyone. If you have many floors in your home, it is advised to have one on every floor.

If there ever was a fire in your home, it's safe to assume that one would be caught off guard. Before panic ensues, equip yourself with extinguishers so that your first reflex would be to use them from the start.

Having an extinguisher is a guarantee to be able to fight a fire efficiently and quickly at the start of

the fire in your home. The cost of the extinguisher is nothing compared to the damage that could be avoided.

#### More Information

A one-time use extinguisher must be disposed of after 12 years of the date of its manufacture.

A refillable powder extinguisher must be emptied and maintained every 6 years and undergo a hydrostatic test every 12 years. (REF : NFPA-10) It must also be refilled after every use, even if only used for a few seconds.

Beware of door-to-door companies offering to inspect your portable extinguishers. These companies often ask for payment up-front in cash. Only pay upon return of your extinguisher and request that the company leave you another while yours is being maintained.

For any questions or comments, please contact your Fire Safety Service.

Pascal Gagnon,

Fire Prevention Technician



## SPORTS AND RECREATION - SPRING 2019 PROGRAM

### ON-LINE REGISTRATION AND PAYMENT

To register for activities offered by the Sports and Recreation Department of the Municipality, you must create an account on the Amilia platform, by going to through the municipal website [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca) under the Quick Access section. You must then select the "create an account" button if you don't have one or "on-line store" if you already have an account. 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.

### PAINTING FOR PLEASURE

Are you an aspiring artist?  
Would you like to share your passion and meet other artists?



Then, come join us...

**When:** Wednesdays 9 am to 2 pm  
2 nights - February 18 & March 18 at 6:30 pm

**Cost:** free (bring your equipment)

**Where:** Complex 1754

#### Information:

Pamala Hogan Laberge  
plaberge@munsgvdc.ca or  
418 844-2097

### 2019 SUMMER PLAYGROUND AND PLAYGROUP

Hey Friends! **WE'RE GOING ON A CRUISE!** I hope you're counting on coming to join us at Playground this summer! It will be an unforgettable summer!

The dates for Playground are from June 26<sup>th</sup> to August 10<sup>th</sup> and your parents will be able to get you registered from May 1<sup>st</sup> to May 31<sup>st</sup>. We will send you more information concerning the theme, the costs, etc. during the month of April through your school. You can also check out the municipal website or the Playground or municipal Facebook pages.

### HATHA-YOGA MARILYN PARENT

Take care of your body, it's the only one you've got!...

**When:** Wednesday 7:30 to 8:45 pm  
Thursday 9:30 to 10:45 am

**Cost:** \$120 or \$220 (2x/week)

**Duration:** 10 classes

beginning April 10<sup>th</sup>

**Where:** Complex 1754 or at my home (Thursday mornings)

#### INFORMATION | REGISTRATION:

418 844-3916 or

parent\_marylin@hotmail.com

Namasté!

### BABYSITTING

Youngsters aged 11 years and older (or registered in 6th grade) who would like to register for this course must do so on the Amilia platform before February 27<sup>th</sup>. A course will be offered on March 9<sup>th</sup> from 8 am to 4 pm. The cost to attend is \$55.

**Bring your lunch.**  
**Minimum of 12 participants is required.**  
**No written exam.**



amilia

### HOME ALONE

Kids aged 9 to 11 years old who would like to participate in this course must register through Amilia before February 27<sup>th</sup>. A course will be offered on March 6<sup>th</sup>, 2019 from 8:30 am to 2 pm. The cost to attend is \$55.

**Required equipment:**  
**Lunch and coloured pencils.**

**Minimum of 12 participants required. No written exam.**

amilia



### ST-PATRICK'S DAY PARADE 10<sup>th</sup> EDITION



The St. Patrick's Day Parade in Quebec City today has nearly 1,000 participants, including the famous pipe and percussion bands from New York, Boston and Chicago, and nearly 50,000 spectators. The St.

Patrick's Day Parade is now a tradition in Quebec and a pride in the hearts of Quebecers. The Fire Department of Saint-Gabriel-de-Valcartier will be there! Join us on Saturday, **March 23, 2019, starting at 2 pm.**



## SOFTBALL (WOMEN'S)

No experience required! We welcome women aged 12 and over. Non-competitive league.

**When:** Mondays 7 to 8:30 pm  
from June 17<sup>th</sup> to August 26<sup>th</sup>

**Cost:** \$50

**amilia**

**REGISTRATION OPEN UNTIL JUNE 7<sup>th</sup>**

If we do not get the required number of participants, we will organize a mixed slo-pitch league. See ad below.

## MIXED SLO-PITCH LEAGUE

If you would be interested in playing in this league, please contact Pam at  
[plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca).

Games will be held on  
Monday or Wednesday nights.

## MINOR BASEBALL (CHILDREN)

We would like to offer a local minor baseball league during the summer of 2019 for children born between 2008 and 2011.

**When:** Saturdays starting May 25<sup>th</sup>  
9 to 9:45 am for 5-6 year olds  
10 to 11:15 am for 7-10 year olds

**amilia**

Parents, if you would like to get involved in the organizing committee, please contact Laurent Issa ([laurent\\_issa@hotmail.com](mailto:laurent_issa@hotmail.com) or 418-844-0189).



Saint-Gabriel-de-Valcartier's men's softball recreational competitive league

**2 GAMES PER WEEK, TUESDAYS AND THURSDAYS AT 7:15 PM &/OR 8:45 PM**

**3 protected players per team. Other players will be draft picked.**

**REGISTRATION AND INFORMATION 2019 SUMMER SEASON**

## INTERESTED IN PLAYING BALL THIS SUMMER?

- 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 1<sup>er</sup> janvier au 31 mars: 140\$ (résidents) ou 160\$ (non-résidents)

**POUR INFORMATIONS OU INSCRIPTIONS:**

Contactez  
Laurent Issa  
[laurent\\_issa@hotmail.com](mailto:laurent_issa@hotmail.com)  
418-844-0198

Inscription en ligne avec le site [Amilia.com](http://Amilia.com)

**amilia**

## COOK AND CHAT

*Préparer les repas de semaine en groupe*  
Rencontre agréable  
Économie de temps et d'argent!

*Prepare the weeks meals in a group*  
Pleasant activity.  
Saving time and money!

**Dimanche le 24 février**  
De midi à 16h30  
Au centre communautaire  
Pâté Sucré & Salé

**Sunday February 24**  
From noon to 4h30 pm  
At the Community Center  
Sweet & Salty pie

Réservation  
avant le 18 février.



**50\$**



Réservation  
before February 18

Les frais incluent 5 repas  
de 4 portions par personnes.

\*Dépôt obligatoire de 20\$ pour  
réserver votre place. Seulement 12 places disponible.  
**7 inscriptions minimum.**

Per attendee fee includes  
5 meals of 4 servings.

\* Deposit required of \$ 20 to book your place.  
Only 12 places available.  
**A minimum of seven registration is required.**

INSCRIPTION ET DÉPÔT  
SUR **amilia**

REGISTRATION AND DEPOSIT  
ON **amilia**

info: Pamala Hogan Laberge  
418-844-1218

**SMALL FOOD BANK  
AVAILABLE AT THE  
ENTRANCE TO THE  
COMMUNITY  
CENTER.  
TAKE IF YOU  
NEED / OR  
GIVE  
GENEROUSLY IF  
YOU HAVE.  
THANK YOU!**



## A REMINDER OF ACTIVITIES THAT ARE ON-GOING AND THAT YOU MAY JOIN AT ANY TIME

### KNITTING GROUP

**WHEN:** Tuesday 1:30 pm  
**COST:** free  
**WHERE:** Municipal Library  
**INFO. :** Pamala Hogan Laberge 418 844-2097  
 Bring your equipment, if you have none, we can lend you some.

### MULTISPORTS (6 TO 9 YEARS OLD)

**WHEN:** Friday nights at 7 pm (with Ben McBain)  
**COST:** \$20  
**DURATION:** March 15<sup>th</sup> to April 26<sup>th</sup> (except Good Friday)  
**WHERE:** Mont Saint-Sacrement High School  
**INFO.:** Pamala Hogan Laberge  
 plaberge@munsgdv.ca or 418 844-1218

### 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

### PIANO CLASSES

**WHEN:** Monday or Thursday  
 (can also offer classes at home)  
 3:30 to 6 pm (45 min. sessions)  
**WHERE:** Community Centre  
**INFO.:** Kathryn Seppala seppala.kathy86@gmail.com

### PICKLEBALL (men and women)

**WHEN:** Mondays & Wednesdays at 7 pm  
**COST:** free  
**DURATION:** every week  
**WHERE:** Mont Saint-Sacrement High School  
**INFO.:** Pamala Hogan Laberge 418 844-2097 or  
 plaberge@munsgdv.ca

### BADMINTON

Free and informal games  
**WHEN:** Friday night at 8 pm  
**WHERE:** Mont Saint-Sacrement High School  
**INFO.:** [Samuel.Montminy@hotmail.com](mailto:Samuel.Montminy@hotmail.com)  
**BRING YOUR OWN EQUIPMENT**

### PLAYGROUP

(hurry, only 1 vacancy left)

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 Centre  
**HORAIRE :** Tuesday, Wednesday, Thursday  
**HEURE :** 8:30 am to 3:30 pm  
**DURATION:** 8 weeks as of April 30<sup>th</sup> to June 20<sup>th</sup>  
**COST:** 2 times per week: \$225  
 3 times per week: \$335

amilia

**Please note that Playgroup will be on break during the school March Break (March 5, 6, 7).**

### CHAIR YOGA

#### What to bring:

A yoga mat, a cushion, a blanket or towel, comfortable clothing, a water bottle, **compassion towards yourself!**  
 Namasté!

**WHEN:** Tuesday 10 to 11 am (Chair Yoga)  
**COST:** \$100 (cheque or cash)  
**DURATION:** 10 weeks  
**WHERE:** Complex 1754  
**INFO.:** Marilyn Parent 418 844-3916 or  
 parent\_marylin@hotmail.com

### MARIE-ÈVE ROCHETTE 50+ TRAINING

A class to give you tools to stay or get back to good physical fitness.

**WHEN:** Tuesday 10:30 to 11:30 am for 8 weeks  
 from April 23<sup>rd</sup> to June 11<sup>th</sup>  
**COST:** \$40  
**WHERE:** Community Centre  
**INFO.:** Marie-Ève Rochette, Kinesiologist | 581 995-5580

amilia

**NEW PARTICIPANTS ARE ALWAYS WELCOME!**

**DO YOU HAVE A HOBBY, COLLECTION OR  
 PASSION THAT WOULD MAKE A GREAT  
 EXHIBITION? WE WOULD BE HAPPY TO OFFER  
 YOU A SPACE TO SET IT UP. PLEASE CONTACT  
 PAMALA HOGAN LABERGE AT 418-844-2097 OR  
 PLABERGE@MUNSGDV.CA**



## 2019 SUMMER - BLACK BEARS SOCCER

### Registration period February 22 to March 30

The Saint-Gabriel-de-Valcartier Soccer Club will be welcoming children who want to play again this year. We offer a Timbits class form U-4 to U-7 and the Black Bear teams from U-8 and above, only in a recreational class. We hope to see you in large numbers!



#### Description:

Local level outside soccer, recreational  
Categories: U-4 and above

amilia

#### IMPORTANT :

It is possible that certain categories may not be offered if the registration numbers are low. At that time, people registered will be quickly informed.

For U4 to U7 categories, at least one parent must remain with the child during all practices and soccer games.

#### WOULD YOU LIKE TO BECOME A COACH?

Each season we need new coaches. Please don't hesitate to contact us for more details and get involved for your child's sake.

#### WOULD YOUR CHILD LIKE TO REFEREE?

We need referees for this summer. More information will be available from the beginning of March to the end of April. To become a referee, your child must be aged 12 before May 1<sup>st</sup>.

Please contact the Club by E-mail at: [soccervalcartier@gmail.com](mailto:soccervalcartier@gmail.com)

WORLD'S #1 SELF DEFENSE SYSTEM

CIVIL - POLICE - SÉCURITÉ - MILITAIRE **12 YEARS AND OLDER**  
QUEBEC KRAV MAGA SCHOOL (SDK FED. (EUROPE))  
WWW.SDK-INTERNATIONAL.COM

**SCHEDULE : TUESDAY & THURSDAY 6:45PM TO 8:15PM**  
(REGISTRATION IS ONGOING)

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 HELP YOU GET IN GOOD PHYSICAL SHAPE AND WILL HELP YOU DEVELOP AN AWARENESS TO YOUR IMMEDIATE ENVIRONMENT.

THIS DISCIPLINE USES KEYSTROKES AND MANIPULATIONS ON SENSITIVE AREAS OF THE HUMAN BODY TO ACHIEVE CONTROL OVER A POTENTIAL AGRESSOR NO MATTER THEIR SIZE OR WEIGHT.

**COST : RESIDENTS / NON-RESIDENTS**

1 MONTH :	\$40 / \$50
3 MONTHS :	\$110 / \$125
6 MONTHS :	\$200 / \$225
ANNUAL :	\$350 / \$400

(FREE TRIAL ANYTIME)

**WHERE : RECREATIVE CENTER**  
1745 BOUL. VALCARTIER,  
SAINT-GABRIEL-DE-VALCARTIER, QC  
GOA 4S0

WWW.KRAVQUEBEC.COM  
REGISTRATION & INFORMATION : DANIEL LAPOINTE (418-809-0610)

# ZUMBA

LAST CLASS APRIL 17!

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](mailto:lauryfortin1@gmail.com)



## CHRISTMAS BASKETS — THANK YOU!

*It's incredible to see our Community come together with one goal, to help give a festive Christmas to families who can not afford one. This year, we delivered baskets to 18 families. Each basket contained the fixings of a wonderful holiday meal, extra groceries and gifts for the children. On behalf of these families who received a basket, and at their request, thank you to all who helped make this possible. Thanks, from Pam!*



## COURS DE TAI-CHI CHUAN/QIGONG

### OPTION 1

amilia

**When:** Monday 7:15 to 8:45 pm  
**Where:** Complex 1754 Blvd Valcartier  
**Cost:** \$180 for 10 weeks beginning February 11<sup>th</sup>

### OPTION 2

**When:** Sunday from 9 to 11:30 am  
 (Feb. 17, March 3, 17, 31, April 7)  
**Where:** Complex 1754 Blvd Valcartier  
**Cost:** \$150 for 5 classes beginning February 17<sup>th</sup>

YOU CAN REGISTER ANY TIME

## CONFERENCE & DEMONSTRATION

On the advantages of practicing Qi Gong and Tai Chi Chuan for your health.

**When:** February 20 at 7:30 pm

**Where:** Community Centre

**INFO :**

**André Poulin** is a graduate of the International Institute of Medical QiGong (U.S.), approved by the Henan University of Traditional Chinese Medicine **418 844-2866**

## AIKIBUDO FREE TRIAL!

### FOR LIMITED BUDGETS!

Men and women aged 16 and over

Come try out an efficient and precise traditional Japanese martial art, based on protections, immobilizations and joint control where there is no competition. The action is based on auto defence. On-going registration on-site, free trial!

**When:** Wednesday from 7 to 8:30 pm

**Where:** Community Centre

**Cost:** \$40 for the session

**Info:**

**Facebook:** Club d'Aïkibudo de Valcartier /@aikibudovalcartier

Patrick Beaulieu or Marie-

Christine Larouche

418 574-6835

Danny Dubois

819 817-2364

Etienne Patenaude

581 984-4193



## TAEKWON-DO

Spring session April 2<sup>nd</sup> to June 1<sup>st</sup>

Registration period from March 2<sup>nd</sup> to April 13<sup>th</sup>, 2019

**\*\*\$10 rebate for registrations received before March 26\*\***

### WHAT IS TAEKWON-DO?

Taekwon-Do is a martial art that targets the global development of the person as much as the physical, cognitive, social and moral levels. Specifically, it's a method of self-defense 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, self-confidence, stress management, balance and coordination.

### OUR APPROACH

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

REGISTRATIONS FROM THE AGE OF 4 ON: amilia

Age	Level	Schedule	Cost
4-5 years old	Parent-child	Saturday 9:00-9:45	\$30
6-8 years old	Beginners	Saturday 10:00-11:00	\$40
9-12 years old	Beginner to red belt	Tuesday 18:15-19:30	\$50
	Beginner to red belt	Thursday 18:15-19:30	\$50
12 years old and+	Black belts	Tuesday 19:45-21:00	\$50
	Black belts	Thursday 19:45-21:00	\$50

**\*\*Early registration (rebate of \$10 per registered class): March 2<sup>th</sup> to 26<sup>th</sup>\*\***

Regular registration period: March 27<sup>th</sup> to April 13<sup>th</sup>  
 (non-residents + \$20, payable once a year)

Pour plus d'informations :

**Anne-Sophie Desautels**

desautelsannesophie@gmail.com

■ **Complex 1754, boul. Valcartier**

■ **Community Centre**



## USEFUL FACEBOOK PAGES

1. Municipalité de Saint Gabriel de Valcartier
2. Vie Communautaire Saint-Gabriel de Valcartier Community Life
3. Clubados Valcartier
4. Club de soccer les Ours noirs de St Gabriel de Valcartier
5. Habitations Communautaires Saint Gabriel de Valcartier
6. Ligue de balle molle Saint-Gabriel-de-Valcartier
7. Baseball mineur SGDV
8. Terrain de Jeux Saint-Gabriel-de-Valcartier Playground
9. Les parents de St-Gabriel-de-Valcartier
10. Centre Physik
11. Service des loisirs communautaires de la Garnison Valcartier
12. Le Centre de la famille Valcartier
13. Valcartier Settlement Days
14. Comité historique Saint-Gabriel de Valcartier Historical Committee
15. Le marché public de Saint Gabriel de Valcartier
16. Betty's Quilters
17. Studio Dépendanse
18. Service Incendie de Saint Gabriel de Valcartier



**Clientele:** 14 years +

### SCHEDULE:

**Monday to Thursday**

**5:30 am** to 9 pm

**Friday**

**5:30 am** to 7 pm

**Saturday**

8 am to 4 pm

**Where:** Complex 1754

### PRICE LIST:

**1 month :** \$30 / person or \$40 / family\*

**3 months :** \$60 / person or \$80 / family\*

**6 months :** \$110 / person or \$140 / family\*

**1 year :** \$200 / person or \$260 / family\*

\*family: adults and children/students 14 to 25 years of age

**Students (14 to 25), volunteers and 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

**Person responsible:** Jean-François April

B. Sc Éducation Physique, Entraîneur spécialisé FCPAQ

Tel. : 418-476-1053 centrephysik@videotron.ca

**COMPLEXE 1754, BOUL. VALCARTIER**

## CLUB ADOS

### Opening Hours:

Wednesday 6-9 p.m.

Thursday: 6-9 p.m. "Smoothies & Studies"

Friday: 6 – 10 p.m.

Saturday 6 – 10 p.m.

**Summer hours:** Monday – Thursday 6 – 10 p.m.

The Club Ados team are always ready and willing to provide a fun, safe space for our community's teen population (11 – 17 years). We offer a wide variety of activities, and are always open to suggestions, so come take a look!

**Wednesdays and Thursdays at the Club Ados are now dedicated to "smoothies and studies"!** Take advantage of a calm space to get some homework done, and enjoy a fresh, healthy smoothie or hot chocolate at the same time. This activity is open to youth aged 10 and over (from 5<sup>th</sup> grade on).

**Follow us on Facebook:** [Clubados Valcartier](#)

**Telephone:** 418-844-1327



## LIBRARY SCHEDULE

	Open	Closed
Monday	2 pm	4:30 pm
Tuesday	10 am	12 pm
Tuesday	4:30 pm	8:30 pm
Wednesday	6:30 pm	8:30 pm
Saturday	2 pm	4 pm

Visit our Library on the Internet:  
[www.reseaubiblioduquebec.qc.ca/saint-gabriel](http://www.reseaubiblioduquebec.qc.ca/saint-gabriel)

## MUNICIPAL LIBRARY

### NEW AT THE LIBRARY

**Magazines**—We've added 7 new subscriptions this year, bringing the total to 25 magazines. There are magazines for all age groups and a variety of interests. Add a cozy fireplace and a cup of tea, coffee or hot chocolate (see ad below) and winter might just be manageable! If it's too slippery to go out, stay home and meet your magazine needs through **RB Digital**—free downloads of more than 40 magazines, including both French and English titles. Find a link to RB Digital at [www.mabibliotheque.com/st-gabriel](http://www.mabibliotheque.com/st-gabriel).

**New magazines:** Cool, les Explorateurs, 5 ingrédients/15 minutes, Ricardo, Véro, in English: J14, Ricardo

### New for children's picture books!

Do you see a QR code on the cover of your book? That means you can scan it and listen to the story while reading the book.

We've added many new beginning readers in French. More English books will be added soon.



### EASTER AT THE LIBRARY

**\*\*THURSDAY\*\***

April 18,  
6:30 - 7:30 pm  
Stories, songs,  
surprises and egg  
hunt!

**Free Activity  
for 3 to 7 year olds**



RÉINVENTER la  
**BIBLIO**  
Vos besoins. **Notre passion.**



**GÉNÉALOGIE QUÉBEC**

**PARTEZ À LA RECHERCHE DE VOS ANCÊTRES!**

**Service gratuit**  
offert par votre bibliothèque à l'adresse  
[mabibliotheque.ca/cnca](http://mabibliotheque.ca/cnca)

**VOLUNTEERING**  
All together for the  
Community!

### NEW - NEW

It is now possible to enjoy a  
good cup of coffee, tea or  
hot chocolate at the Library  
for the low price of \$1.  
Come warm up in front of  
the fire with a  
good cuppa!



FAITES L'EXPÉRIENCE

**protégezvous**



Accédez à plus de 8 500 produits testés pour vous! >

Laissez les  
experts vous  
**éclairer**

*En février, on tombe  
en amour!*



Votre valentin peut  
aussi être littéraire :

*Visitez votre bibliothèque pour découvrir  
votre prochain coup de cœur!*

FÉVRIER MOIS



**Tuesdays –**  
stop by the library on  
your way home from  
work! We're open from  
4:30 to 8:30 pm!





**MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER**



*Together, in the  
Heart of Nature.*

SAINT-GABRIEL  
- DE -  
VALCARTIER

1743 Boulevard 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**

The Taekwon-Do Club would like to thank everyone who donated during the 2019 Bottle and Can Drive. Thanks to your generosity, we were able to raise \$2,350 for our Club!!

A special thanks to our volunteers who give their time and energy to collect and sort the refundable bottles and cans. Thank you also to the members of the organizing committee who made this fundraiser a real success! Finally, a big thank you to this year's partners: Municipality of Saint-Gabriel-de-Valcartier for their support and lending us the space needed for the Drive, Convivio IGA extra - Une coop qui porte fruit in Loretteville for taking in all the bottles and cans collected, Jean Coutu Val-Bélair for the sponsorship and gift baskets and Pizza Salvatoré - Val-Bélair for sponsoring the volunteer's meals.



**MASS SCHEDULES**

**St-Gabriel Catholic Church**

1877 Blvd Valcartier  
every Sunday at 9 am

**St. Andrews Presbyterian**

1827 Blvd Valcartier  
every 2<sup>nd</sup> Sunday at 9 am (March 3, 17...)

**St. Andrews United Church**

1755 Blvd Valcartier  
every 2<sup>nd</sup> Sunday at 9:30 am  
(February 24, March 10...)

**Anglican Christ Church**

1823 Blvd Valcartier  
1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month  
at 9 am (March 3, 17...)

**INTERNATIONAL VALCARTIER DOG SLED RACES  
AND RESIDENT'S DAY**

Village Vacances Valcartier will be holding its annual dog sled races on **March 16<sup>th</sup> and 17<sup>th</sup>**. This free activity, which is gaining in popularity yearly, will have over 150 competitors at the starting line this year. Just like last year, the long-awaited **Residents' Day** will be held on **March 17<sup>th</sup>** at a discounted price of **\$10 for the outdoor slides**.



**DATES TO REMEMBER**

**January 7 to March 11: "Snow Castle" Challenge**

**FEBRUARY**

(Coup de cœur month at the Library)

**17 -** Beginning of Tai-Chi Chuan and QiGong classes

**Feb. 22 to March 30:** Black Bears soccer registration period

**24 -** Cook and Chat workshop

**27 -** Historical Committee Open House

**Feb. 27 to March 15:** Exhibition "A Stitch in Time"

**MARCH**

**4 - 8** March Break activities

**5 -** Benefit Pancake supper, Roger Lamont Foundation

**6 -** Home Alone course

**6 -** Family movie night

**7 -** Bulk Waste pickup

**9 -** Babysitting course

**14 -** Bulk Waste pickup

**16, 17 -** VVV Dog sled races and Resident's Day

**21 -** Bulk Waste pickup

**23 -** Saint Patrick's Day parade, Quebec City

**28 -** Bulk Waste pickup

**30 -** **Historical Committee Open House**

**31 -** Registration deadline for men's softball

**APRIL**

**1 -** First payment due for 2019 municipal taxes

**1 -** Street parking permitted

**April 2 to June 1:** Taekwon-Do registration period

**18 -** Easter story hour at the Library

**30 -** Deadline to remove snow fences and temporary garages

**April 29 to May 26:** Used clothes Drive, VES

**Publication-next Indispensable News Bulletin**

**MAY**

**1 -** Last day to request a revision of municipal taxes

**1 to 31 -** Summer Playground and Playgroup registration period