

SAINT - GABRIEL
- DE -
VALCARTIER

Volume 12 | Issue 3

MAY 2019

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MUNICIPAL OFFICE
Statutory
Holidays:
Monday, May 20th
Monday, June 24th
Monday, July 1st

THE INDISPENSABLE NEWS BULLETIN



A WORD FROM THE MAYOR

Well, spring kept us waiting for a while this year and, according to general comments, winter seemed to last forever for many of us. What is reassuring is that, to everyone's amazement, summer always shows up!

The Public Works Department has already started with spring cleanup and have begun working on summer projects, as planned. This is the year for the emptying of septic waste installations. This service, provided by the Municipality, will be carried out during the months of June and July, see page 2.

We will be giving a

conference on composting on June 5th. Composting is an environmental initiative the Municipality wishes to encourage its population to participate in. Since the collection of organic matter, planned for 2021, is not yet available on the territory, the Municipal Council has voted to subsidize 50% of the purchase cost for a group order of one composter per residence. This activity was offered several times in the past but had to be cancelled eventually because of the low registration and interest. Please see page 2 for more information and how to register. We hope to see you in large numbers!

As some of you surely know already, our Municipal Inspector, Mrs. Lysa-Marie Hébert, left us for a position with the Ville de Québec at the end of March. We wish her the best of luck in her new functions. We are in the process of hiring a replacement. Mr. Christian Côté, Urbanist, has assumed this position by the interim.

Our Fire Department will be celebrating its 40th this year. Watch for more information in the next Indispensable News Bulletin.

I wish you all a wonderful, sunny summer and many stimulating projects!

Brent Montgomery, Mayor

PLEASE KEEP THIS AS A REFERENCE DOCUMENT UNTIL AUGUST 2019

2019 MUNICIPAL PROGRAM FOR THE EMPTYING OF SEPTIC TANKS

Summer 2019

IMPORTANT INFORMATION:

- Take **good note** of the schedule (The Indispensable Bulletin, mailings, website);
- **To avoid charges**, make sure that the edges of covers are cleared in depth as well as the handles on each side;
- Due to the complexity of the schedule/operation, **no accommodation is possible**. If necessary, request the assistance of a neighbour or other person;
- **The operator can refuse to offer the service** if covers are not cleared properly and in depth or if there are obstructions of any kind. **Fees are charged for a 2nd visit when caused by neglect to follow procedures.**

The Municipality is responsible for the emptying of septic tanks on its territory. Note that this service is offered by the Municipality without additional costs under certain conditions. In conformity with the current provincial By-Law on the matter (Q-2, r.22), a septic tank used year-round must be emptied every 2 years and every 4 years for a septic tank used on a seasonal basis.

| 2019 Rates | |
|---|----------|
| Pumping during period of operation | \$0 |
| Pumping during period of operation requiring a second visit <i>Ex : Tank covers not cleared, inaccessible tank, etc.</i> | \$65+tx |
| Pumping outside period of operation <i>Septic tank 4.8m³ max.</i> | \$255+tx |

A regular septic waste collection, combined with a quality construction of your septic system and proper maintenance, will allow it to be used to its full potential, maximize its useful life and protect your investment. Just type "Guide des bonnes pratiques systèmes septiques" in Google to obtain the Ministry of Environment's **Guide des bonnes pratiques** (All information available in French only).

COMPOSTING CONFERENCE

Would you like to reduce the quantity of organic materials that you throw away?

You would like to change your habits, to make your own compost in order to embellish your flower boxes, have a greener lawn, spruce up your garden and improve the quality of the soil; to be part of the people who encourage local recycling of organic materials; to help the environment?

The Municipality has organized a conference on domestic composting and its particularities. The speaker, Ms. Lili Michaud, is an agronomist and author. She obtained a bachelor's degree in bio-economics from Laval University. She is a specialist in urban ecological practices and has expertise in topics such as: ecological cultivation of vegetables and herbs, home composting, ecological management of water in the garden and many others.

This **free** conference will be offered in French only. However, someone will be on-site to answer questions in English. Directions on how to make a wood composter will be made available. We will also offer the possibility of buying a pre-fabricated composter. The Municipality will subsidize 50% of the cost (limited to one composter per address).

When: Wednesday, June 5th, 7:30 to 9 pm

Where: Valcartier Community Center,
1743 Boulevard Valcartier

Cost : Approx. \$60 tax included (composter)
Registration by phone (418) 844-1218 or
Email admin@munsgdv.ca. We hope to see you in large numbers.

***A wood composter will be given away the day of the conference!**



MAY 26 HHW COLLECTION

The Municipality will offer a Hazardous Household Waste (HHW) recycling depot, free of charge, on **Sunday, May 26th from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).
You must bring your dangerous materials to the depot location.

Here is a list of materials that can be recuperated:

PAINTS

Paints:

- sold by retail businesses (100 ml containers and larger)
- sold by wholesale businesses (170 L containers and larger intended for architectural use)
- primers and paints (latex, alkyd, enamel and other)
- metal or anti-rust paint, staine
- aluminum paint
- dyes
- varnishes
- lacquers
- products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)
- signalisation paints (those available in retail businesses)

Aerosol paints

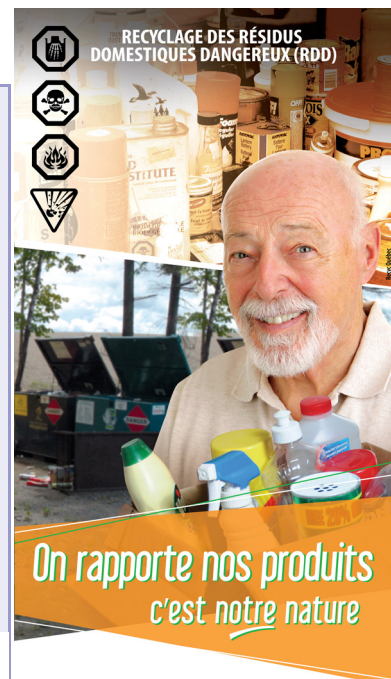
ORGANIC HAZARDOUS HOUSEHOLD WASTE

Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.

INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, batteries, pesticides and insecticides

Fluorescent compact light



Une initiative de
votre municipalité
et de votre MRC



If you are not sure if a product that you would like to dispose of is on the list, bring it to the depot and the trained employees will help you.

Each container must be intended for residential use only. All products must be in their original containers.

For safety reasons, do not mix products.

During this collection, you may also bring in your used oil, used oil filters and oil containers (**non commercial use only**).

This service is also offered free of charge throughout the year by the Municipality by appointment only.

Thank you for your active participation in a healthy environment!

GIVE A SECOND CHANCE TO USED ITEMS...

To better manage what is sent to the landfill with household bulk waste, the Municipality has decided to give a second, or even third life to your used items. So if you have furniture, household appliances or items that could still be useful to other people, please let us know when you call for a pickup. We will store them until the next HHW depot and these will be distributed on a first come first serve basis.

COMMUNITY YARD SALE - May 26th, from 8:30 am to 1:30 pm

The Community Yard Sale is organized by the Sports and Recreation Department and offers you the opportunity to rent a table or two at this event which will be held on **Sunday May 26th from 8:30 am to 1:30 pm**. There will be 19 tables available under the multifunction shelter, as well as a few others outside, depending on the weather.

If you're part of those looking for treasures, why not make the most of this opportunity *amilia* and come visit our exhibitors!

You can rent a table through the AMILIA platform on the municipal website and pay online or come by the municipal office to pay. If full payment is not received on the day of the yard sale, your registration will be cancelled. The rental fee is \$10 per table up to a maximum of 2 tables per household and tables are reserved for residents 18 years or older. Reserve early! The activity will be held rain or shine. A canteen will be offered by the Valcartier Elementary School PPO.



***PUBLIC MARKET BEHIND THE
COMMUNITY CENTRE
every Thursday from
June 27 to September 19***

2:30 to 6 pm

For information:

Joanne Gosselin

418-844-3213 or

*[jardins5econcess@
hotmail.com](mailto:jardins5econcess@hotmail.com)*

Finally, we can feel the spring season around the corner. We are starting to organize the 2019 Market. We would need people willing to sell products, especially food products. Sweets and desserts are always appreciated by our clients as well as ready-to-eat products. Also, if someone would be interested in organizing an activity for the season, he or she would be welcome to.

The Market will be held on Thursdays from June 27th to September 19th between 2:30 and 6 pm. **Follow new**

developments on our Facebook page:
[marchepublicSaintGabrieldeValcartier](https://www.facebook.com/marchepublicSaintGabrieldeValcartier)

MUNICIPAL TAXES

We would like to remind you that the second instalment for 2019 municipal taxes is due on July 1st. The privilege to pay in three instalments cannot be granted unless each instalment is paid in full by the due date. Interest and penalties will apply to the account's totality for all late payments.

ERRATUM

Please take note that a technical error occurred while updating the municipal data base for the deposit of the new 2019-2020-2021 triennial roll regarding property area. You will notice on your tax bill that a decimal point was moved one position to the right. This error in no way affects neither your evaluation nor the calculation of your municipal taxes. The necessary corrections were made and will be correct on all future correspondence from the Municipality. We apologize for this confusion.

DISTRIBUTION OF SAPLINGS - MAY 26

This year again, the Ministry of Forests, Wildlife and Parks (MFFP) will be organizing, in collaboration with the *Association forestière des deux rives* (AF2R), the *Mois de l'arbre et des forêts*, which will be held through the month of May 2019.

The Municipality will distribute young tree saplings to every resident who brings in hazardous household waste on Sunday, May 26th to raise awareness of the importance and respect of trees and forests. The saplings are offered free of charge by the Ministry and their distribution is coordinated by the AF2R.

REUSABLE DIAPER PROGRAM

The Municipality is now offering a reusable diaper subsidy through a waste reduction program to reimburse the purchase of a set of cloth diapers up to a maximum of \$100.

This program is intended for parents of infants younger than one year old



residing in Saint-Gabriel-de-Valcartier. The subsidy program will end upon the decision of the municipal council.

The form as well as terms and conditions are available at the municipal office, and on the municipal website and Facebook pages.

SUMMER JOB FOR STUDENTS

PUBLIC WORKS:

Maintenance of municipal property and varied manual work. You must have a valid driver's licence to apply for this job.

Admissibility requirements:

- * 5 days per week, starting June 3rd;
- * Aged 16 years or over;
- * You must be a student returning to school in the fall of 2019.

Priority will be given to applicants residing in Saint-Gabriel-de-Valcartier.

Persons interested must send or bring in their CV to the Saint-Gabriel-de-Valcartier Municipal office at the latest, **May 15, 2019**. You can also send your CV by Email to admin@munsgdv.ca. For more information, you may contact Dany Laberge at Public Works 418-844-1218.

FALLEN LEAVES PICKUP

Bags of leaves are not accepted during the weekly pickup of household garbage. There will be a special collection the week of **May 27th**. Bags of leaves should be placed by the side of the road in front of your residence.

BULK PICKUP

The weekly collection of non-household waste (bulk waste) is held **every Tuesday**. This service functions on a **call-in basis only, please do not deposit non-household waste in front of large garbage containers or community mailboxes**. You must call the **Municipality at 418 844-1218 or register on our website** to schedule this service and give us an itemized list of materials to be collected. It is important that the materials 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.)

Objects that qualify for bulk pick up:

*Used tires (non-commercial use only) and rims. However, the tires must be separated from the rims. *Vegetable oils used for cooking in their original containers or in a clear well identified plastic container.

Objects that DO NOT qualify for bulk pick up:

*Vehicle carcasses or frames *Tree and brush debris *Household garbage *Leaves and *Recyclable materials.

Please note that renovation materials are no longer accepted in the bulk pickup and that the bulk pickup service is now limited to 4 times per year per residence.

DOG OWNER RESPONSIBILITIES

Although your dog may be your best friend, some representatives of the canine breed can make the neighbors growl. If you own a dog, assume your responsibilities:

- ♦ Respect the provisions in the municipal By-law concerning dogs
- ♦ Respect your neighborhood by adopting responsible behavior towards your dog and its needs (**Pick up and throw out their droppings!**)
- ♦ Do not let your dog bark unnecessarily
- ♦ Keep your dog tied or on a leash at all times

Thank you for your cooperation!



USEFUL 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

CIVIL SECURITY—FLOOD AWARENESS PREPARATION

Hello everyone!

Here are **three essential links from Urgence Québec** on emergency flood preparation:

- ☑ ***What to do in case of a flood:***
<http://www.urgencequebec.gouv.qc.ca/En/situation-urgence/Pages/Inondation.aspx>
- ☑ ***Before a disaster:***
<http://www.urgencequebec.gouv.qc.ca/En/responsabilites-citoyens/Pages/avant-un-sinistre.aspx>
- ☑ ***During a disaster:***
<http://www.urgencequebec.gouv.qc.ca/En/responsabilites-citoyens/Pages/pendant-un-sinistre.aspx>

If you witness a critical situation, please report it:

- During regular business hours, at the DRCSI of the MSP : **418 643-3244, extension 42300.**
- At all times, Governmental Operations Center (COG) : **1 866 650-1666 or 418 528-1666.**

BIOLOGICAL CONTROL OF BITING INSECTS

The Municipality awarded the contract for the biological control of biting insects for the summer season 2019 to the firm *Conseillers Forestiers Roy Inc.* The prospecting activities of the breeding sites as well as the spreading operations begin early in the spring and continue until the end of August.

Teams of technicians will travel throughout the Municipality and its surroundings several times over the summer to ensure a reduction of the nuisance.

It is important to remember that the result expected from these operations is a reduction of about 80% and not an eradication of biting insects.

The Biting Insect Control Program solicits citizen collaboration to allow access to areas of high production of mosquitoes and blackflies, to the teams of technicians.

For the sole purpose of contributing to the efficiency of operations, we present certain behaviors to adopt, which will limit the growth of mosquitoes:

- * Unused pools must be covered or in operation.

- * Boats or water crafts (boats, canoes, kayaks) must be emptied and turned upside down
- * Various containers (tires, buckets, wheelbarrows) must be emptied and turned upside down
- * Water basins and birdbaths must be maintained in order to eliminate stagnant water
- * Ensure a continuous flow of the water in gutters and ditches
- * Fill ruts and holes (with sand, gravel, dirt) in order to prevent accumulation of stagnant water

Water accumulated at these sites could generate several hundred mosquitoes each week.

You can contact CFR at this toll free phone number: 1-855-696-3398. To obtain more information, their website is accessible and updated constantly: www.cfroy.com.



The Municipality is looking for volunteers to conduct "nuisance tests" for the biological control of mosquitoes and black flies

The effectiveness of the control program is measured by "nuisance tests" which are performed by the staff of *Conseillers forestiers Roy* in the presence of an independent witness.

Tests are done three times a week and duration of testing process is approximately 15 to 30 minutes.

If you are interested in participating, please let us know by calling

418 844-1218.

REMINDER - WINTER SHELTERS

As of April 30th, all shelters considered as temporary, such as garages (mobile wood panels or canvas) and snow fences must be dismantled. According to the established by-law, these structures are authorized from October 1st to April 30th.

Please respect your neighborhood and comply with this regulation under penalty of law. (\$200 minimum per day for a continuing offense).



WATERMAIN ENTRY VALVE

Each residence serviced by the aqueduct network is equipped with a water main entry valve which connects to the water supply. The water main entry valve to the aqueduct network which sticks out of the ground at the front of your property, commonly called "bottle" is buried underground, generally in front of the residence, usually at the limit of the property between the municipal and the owner's properties. It is therefore very important that this entry valve be **visible and accessible at all times**.

None other than a municipal employee is authorized to handle this water hook up.



COLLECTIVE TREATMENT TO ERADICATE AMBROSIA

In 2019, the Municipality will again participate in a treatment program to eradicate ragweed.

The common goal is to **permanently eliminate** this highly allergenic plant.

We therefore count on the participation of the entire community in order to reach our goal to permanently eliminate ragweed.

Here's how you can actively participate:

- Uproot any ragweed plants on your property.
- Locate the infested zones in your neighbourhood.
- Make your neighbours aware of the hazards posed by this plant.

This annual collective **program** aims to **significantly reduce** pollen levels and this, in the best interest of the local population.

The socioeconomic impact related to respiratory allergies amounts to 250 million dollars annually.



FIRE SAFETY SERVICE

FIRE PREVENTION VISITS

The Saint-Gabriel-de-Valcartier Fire Safety Service would like to remind our citizens that the 2019 Residential Fire Prevention Program will begin in May. Identified, uniformed firefighters will carry out inspections of the homes on our territory.

They have been mandated by the Fire Safety Service to make recommendations regarding the conformity with fire safety regulation of your residence.

During their visits, the firefighters will verify the installation and maintenance of your smoke detectors. Please be advised that smoke detectors must be installed on each floor of your home, including the basement. The best places to install them are in hallways, near bedrooms, insuring that there are no obstacles impeding efficient air circulation.

Whether they are electric or battery powered, smoke detectors must be replaced every 10 years following the manufacturer's instructions (never exceed the suggested expiry date). Landlords must provide a smoke detector to their tenants, but the tenants are responsible for changing the batteries. Always change your batteries when the time changes.

For more information on fire prevention, citizens are invited to contact the Saint-Gabriel-de-Valcartier Fire Safety Service.



SPORTS AND RECREATION PROGRAM

Our winter program has now ended! I would like to take the opportunity to thank each of you for your participation during this long winter session. I would also like to thank those who are responsible for giving and organizing the activities that we offer. It is because of you that we are able to offer such a successful program to our citizens, year after year!

I am always available to listen to any comments or suggestions during the year. If something interests you or if you have an activity to offer, please contact me. This, of course, will help us offer a program that is up to par with the needs of our community!

Check out our summer program on the next page and, who knows, maybe we will see each other somewhere on the ballfield, at pickleball, at the playground, at soccer...

SUMMER EMPLOYMENT

WADING POOL ATTENDANT

Responsibilities:

- * Monitor and ensure the safety of wading pool users and compliance of security measures

Requirements:

- * Aged 15 and over
- * Responsible and dynamic
- * Available for the entire summer, from June 17th to September 4th

SUMMER PLAYGROUND MONITORS

Responsibilities:

- * Develop and plan a program specifically for groups of children aged 5 to 12
- * To animate a group of children
- * Collaborate in organizing special events

Requirements:

- * Students aged 16 and over and returning to school in

the fall of 2019

- * Work experience related to this position
- * Available from June 25th to August 9th
- * Very high sense of responsibility, teamwork skills

SPECIAL NEEDS ASSISTANT

Responsibilities:

- * Accompaniment and social support
- * 19 year old female
- * 9 am to 4 pm Monday to Friday

Requirements:

- * Student or adult at least 18 years old
- * Previous experience is an asset
- * Available from July 2nd to August 2nd
- * English required, French is an asset

Send your C.V. before May 10th

Pamala Laberge

Email: plaberge@munsgdv.ca **Fax:** 418 844-3030

SPECIALIZED SUMMER CAMPS AND SUMMER PLAYGROUND

SUMMER PLAYGROUND

The Playground Program is going on a cruise this summer! Get ready with your bathing suits, sunscreen, lunches and smiles!

- * Playgroup, children aged 3 to 5 years old (Tuesday to Thursday 9 am to 4 pm)
- * Playground, children aged 5 to 12 years old (Monday to Friday 9am to 4 pm)
- * Program: June 25 to 28—FLORIDA July 2 to 5—HAWAII
- July 8 to 12—INDIA July 15 to 19—AFRICA
- July 22 to 26—EUROPE July 29 to Aug. 2—NORTH POLE
- August 5 to 9—TREASURE ISLAND



**NEW CLUB ADOS DAY CAMP—P.A.M. PROGRAM

A day camp formula that should please this age group giving them a bit more autonomy, responsibilities, independence, a sense of adventure, entertainment and especially: FUN!

- * For teens aged 12 and over
- * Monday to Friday from 9 am to 4 pm
- * Outings at Village Vacances Valcartier
- * Learning animation and leadership techniques
- * Assistant monitor program (P.A.M.)



JUNKYARD MUSIC CAMP (English)

This specialized camp will help teach children how to make musical instruments out of everyday household items. The children will learn easy English songs and small skits. Everything will be geared towards having fun and learning new things.

- * For children aged 5 to 7 years old
- * Maximum of 12 children, minimum of 6
- * One day per week (on Thursday) during the Summer Playground program
- * 9 am to 3:30 pm
- * Community Centre
- * Cost : \$75 more than the regular Playground fees
- \$125 without the Summer Playground, attendance 1 day per week
- * Professor Mrs. Kathy Seppala seppala.kathy86@gmail.com 418-404-0535



ENGLISH IMMERSION DAY CAMP

This camp is an introduction to the English language to facilitate your child's upcoming school year. Your child will be immersed in an English environment that will focus on learning English through a variety of fun and educational activities. This will include sports games, dance games, story time and much more! Perfect for children aged 5 to 7 years old who are starting English or those who need to continue to practice their English during the summer!

- * For children aged 5 to 7 years old
- * Learn English
- * Fun, educational activities with trained professionals
- * Small group size
- * Cost : \$175/week for 2 weeks
- \$165/week for 4 weeks
- * Valcartier Elementary School
- * July 2nd to July 26th from 9 am to 4 pm



MUNICIPAL DAY CAMP COMPLIANCE-2019

The Municipality of Saint-Gabriel-de-Valcartier has been offering a day camp for more than 40 years. The Municipality and the day camp team work hard to provide a quality summer camp for your children. Since 2018, the day camp has been certified according to the terms of reference of the *Association des camps du Québec*.



**Association des
camps du Québec**

SUMMER PLAYGROUND AND CAMPS—TERMS OF PAYMENT

REGISTRATION PERIOD: MAY 1st to 31st*

***\$25 late fees apply after this date**

Playground (June 25th to August 9th) Monday to Friday from 9 am to 4 pm

CHILDREN AGED 5* TO 12 YEARS OLD *Also applies to four (4) year olds starting Kindergarten in September

amilia

Playgroup (June 25th to August 8th) Tuesday to Thursday from 9 am to 4 pm

CHILDREN AGED 3 to 4 YEARS OLD

DAYCARE SERVICE: available Monday to Friday 6:30 am to 6 pm

- There is a possibility of supervised daycare for the week of August 12th, please reserve this service during registration.
- FAMILY DISCOUNT available (applicable to Playground and Playgroup costs only) for families with 2 or more children.
- The family discount does not apply to non-residents and only one type of discount is allowed per family.

REGISTRATION: AMILIA platform on our website www.saint-gabriel-de-valcartier.ca

TRANSPORTATION IS INCLUDED IN OUR PRICES!

(Please note that there will be no transportation service the first week from June 24th to 28th)



Follow us on Facebook: (Terrain de jeux—Playground) and share your ideas and comments



| PLAYGROUND | | | PLAYGROUP | | | DAYCARE | | |
|---------------------|--|-------------------|---------------------|-----------------------------|---------------|-------------------------------|-----------------|------------------|
| COST | RESIDENTS (Bus included) | NON-RESIDENTS | COST | RESIDENTS (Bus included) | NON-RESIDENTS | (residents and non-residents) | | |
| Weekly | \$100 (+ t-shirt \$10) | \$125 (+ t-shirt) | Weekly (3 days) | \$55 | \$90 | Weekly | \$30/ child | \$45/ child |
| Summer (7 weeks) | \$500 (t-shirt included) | \$700 | | | | Summer (7 weeks) | \$200/ child | \$300/ family |
| Daily | \$25 (no outing) or \$40 (with outing) | | Summer (7 weeks) | \$300 | \$500 | Daily | \$25 | |

NEW!**OUTDOOR MOVIE NIGHTS**NEW!

Outdoor movie nights organized by the Club Ados!

Bring your camping chairs!

WHEN: Thursday nights

July 4, July 18, August 1, August 15

WHERE: Under the shelter behind the Community Centre

TIME : around 9 pm

COST : free

The Club Ados will have a canteen serving popcorn, slush, candy and sweets for sale.



PICKLEBALL

WHEN: MONDAYS AND WEDNESDAYS 6:30 TO 8:30 pm

WHERE: MONT SAINT-SACREMENT HIGH SCHOOL

COST: FREE OF CHARGE

INFORMATION: plaberge@munsgdv.ca

Registration will be ongoing. This sport combines the elements of tennis, badminton and ping-pong. It is a fun and energizing sport. Join our chat on our Facebook page. We will be playing outdoors during the summer. Come discover what a fun sport Pickleball is!



MEN'S SOFTBALL

Competitive league beginning on **May 21st, 2019**.

WHEN: Tuesday and Thursday nights

COST : \$155 resident or \$175 non-residents

PERSON RESPONSIBLE: Pamala Hogan Laberge

Deadline to register: **May 3rd, 2019**

amilia

There will be a **warmup** practice on May 14th at 7 pm for all players (strongly encouraged for new players). The practice will be postponed to the following evening in case of rain. Follow us on Facebook for all the news and updates: ligue de balle molle saint-gabriel-de-valcartier.

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 accompanied by baby.

WHEN: Tuesdays from 9 to 10 am

50+ FITNESS PROGRAM

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

WHEN: Tuesdays 10:30 to 11:30 am
from April 23rd to June 11th

COST: \$50

WHERE: Community Centre

amilia

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

WATERPARK

OPEN FROM 10 AM TO 8 PM

EVERY DAY

(OPENING IN JUNE)

It is located near the playground, next to the wading pool.

Please note: the waterpark is without supervision, parents are therefore responsible for the safety of their children.



WADING POOL

SCHEDULE

Opening on June 17th weather permitting. Entrance is free. Adult supervision required.

MONDAY TO THURSDAY:

3:30 TO 6:30 PM*

FRIDAY, SATURDAY, SUNDAY:

12 NOON TO 6:30 PM*

*(Opening hours can change according to the weather, not available before 3:30 pm because reserved for Summer Playground)

August 14th to Labour Day:

12 noon to 6:30 pm

VOLUNTEERS! THE SPORTS AND RECREATION DEPARTMENT AND COMMUNITY SERVICES NEED YOU!

Would you like to get involved and meet people from your community while participating in interesting activities? The Sports and Recreation Department, Community Services and Historical Society need volunteers to meet different needs during activities such as Family Day, Club Ados functions, ball games, Soccer Club and for the municipal library. Sound interesting? **Pamala Hogan-Laberge at 418 844-2097.**

HIP-HOPDANCE SHOW SATURDAY MAY 11TH

ADMISSION: \$2/person (places limited)

WHERE: Community Centre

WHEN: Saturday, May 11 - 2 pm

COME ENCOURAGE OUR DANCERS!



PÉTANQUE GAMES

COST: free

WHERE: behind the Community Centre

WHEN: Monday and Wednesday
beginning June 17th
6:30 to 9 pm

BRING YOUR OWN BALLS (BYOB)!
Come enjoy yourself with this fun activity!



SOCCER FOR TEENS AND ADULTS

Friendly FRIDAY NIGHT games. All you need is a pair of soccer shoes and shin guards. Come join us for an energetic and fun soccer game (7 on 7 mixed).

Feel free to come and join us!

WHERE: Black Bears Field
(1743 boul. Valcartier)

WHEN: 6:30 to 8 pm Friday nights
(as of June 21st)

PERSON RESPONSIBLE :
Samuelmontminy@hotmail.com

CHILDREN'S BASEBALL

Children aged 5 and 6 years old

Introduction to baseball, learning to throw, catch, hit the ball, run the bases while having fun.

WHEN: Saturdays 9 to 9:45 am

Children aged 7 to 10 years old

Baseball development, continuation of baseball related skills. The children will be separated by station: a development component and an intra-team simulated game component.

WHEN: Saturdays 10 to 11:15 am
beginning May 25th

COST: \$25 / child
\$35 / family
REGISTER NOW!

MIXED SLOW- PITCH

NO EXPERIENCE NECESSARY!

This recreation league is not only for the fun of the game but also to meet new people.

WHEN:

The season begins on June 10th and games will be held on Monday nights from 7 to 8:30 pm. 12 games will be played.

COST : \$60 for residents
\$85 for non-residents

REGISTRATION DEADLINE:

Friday, May 24th at
4:30 pm

amilia

SLOW-PITCH TOURNAMENT

Family Day festivities begin on Friday night, August 16th with the slow-pitch tournament (playing for fun). **SAVE THE DATE!**

COST: \$20 (t-shirt included)

Registration deadline: August 9th
Pamala 418 844-1218 or
plaberge@munsgdv.ca

amilia



GOOD LUCK TO ALL OUR SOCCER AND SOFTBALL TEAMS! THANK YOU TO THE DEVOTED COACHES AND VOLUNTEERS! IT WOULD BE IMPOSSIBLE TO OFFER THESE SPORTS WITHOUT YOU!

**VERY IMPORTANT TO RESPECT THE
REGISTRATION DEADLINE!**

To register, go to our website and click on AMILIA. Information: Pamala Hogan Laberge, 418-844-2097 or plaberge@munsgdv.ca. Any discounts that might be applicable are no longer valid after registration deadline.

PIANO

45 min. sessions

WHEN: WEDNESDAY OR THURSDAY
(July and August)

WHERE: Community Centre,
can also offer lessons at home

COST: \$22.50 / lesson

INFO.: Kathryn Seppala
seppala.kathy86@gmail.com
418-404-0535



MUNICIPAL LIBRARY

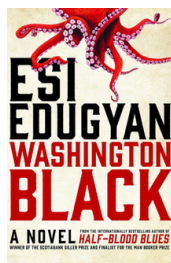
SPRING SCHEDULE

| | Open | Closed |
|-----------|------------------|------------------|
| Monday | 2 pm | 4:30 pm |
| Tuesday | 10 am 4:40 pm | 12 pm 8:30 pm |
| Wednesday | 6:30 pm | 8:30 pm |
| Saturday | 2 pm | 4 pm |

SUMMER SCHEDULE JULY AND AUGUST

| | Open | Closed |
|----------|---------|---------|
| Monday | 6:30 pm | 8:30 pm |
| Thursday | 6:30 pm | 8:30 pm |

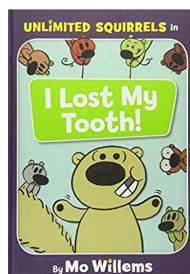
MUST READS



ADULT
Washington Black
-Esi Edugyan

YOUTH

The Witch Boy
-Molly Knox Ostertag



CHILDREN

I Lost My Tooth
-Mo Willems

BOOK BOXES ARE BACK!

Look for them at the park at Clark's bridge, at the Community Centre playground and by the mailboxes on des Plateaux. Take a book and bring it back, keep it or pass it on. Donated books should be brought to the municipal library during regular office hours or evenings when the library is open.



2019 TD SUMMER READING CLUB



This summer, the TD Summer Reading Club invites you to unplug and take a moment to explore the stories and science of nature through adventure and play—to marvel at a growing seed, be awed by extreme weather, and wonder about our connection to each other and the earth that sustains us.

Launch Party: Saturday, June 15, 2 – 4 pm.

Crafts, treats, movies, and free reading club materials.

Register for the club all summer long.

Read whatever you like and bring your reading log to the library for coupons and prizes. **Draw for prizes: Thursday, August 22, 6:45 pm.**

Designed for children ages 5-12, but younger children may participate as well.

**TD
Summer
Reading
Club**

SKATEPARK SAFETY RULES

OPENING HOURS

Monday to Friday

6 pm to sunset

Saturday and Sunday

12 noon to sunset

- ☺ Only skateboards, in-line skates, pedal scooters or BMX bicycles are allowed in the park.
- ☺ The wearing of a helmet and closed shoes is **OBLIGATORY**. The wearing of protective equipment is highly recommended (body protection for hands, elbows and knees).
- ☺ The skatepark is not recommended for children 10 and under without supervision.
- ☺ Food and glass containers are forbidden as well as drug or alcohol consumption.
- ☺ It is strictly forbidden to use this area outside of opening hours.
- ☺ On the track, visualize your path and adjust your speed to avoid a collision with other users.
- ☺ Playing games such as chase or making a train are strictly forbidden.

Failure to comply with these safety rules will result in expulsion.

If there is any damage to the surface or modules, immediately notify the building security attendant or the Municipality: 418-844-1218.

In case of emergency: 9-1-1

New activities may be added at any time, so keep an eye on the Vie Communautaire Facebook page for more information!

CLUB ADOS

Club Ados is a place to meet other people like yourself and get help and support when you need it.

From now on, every Wednesday and Thursday night is Smoothies and Studies. All it is, is basically you can show up with any homework, team projects or really anything that you might want to get done before the weekend and work on it with us :-) and of course, we will be making tasty smoothies for anyone that shows up!

We organize a variety of activities based on the group's suggestions. Leisure, recreational sports, workshops, cooking and more. Teens are also given the opportunity to become actively involved with other community organizations.

Here is what is available:

- Computers (supervised internet)
- Pool table
- PS4
- Television
- Mississippi table
- Basketball
- Beach volleyball
- Soccer
- Skatepark
- Softball
- And more...



Our animators are always available to listen, or help, if needed. So, if you are between the ages of 11 and 17 years old and want to have some fun, join us! There's always something going on at the Club Ados. **Please note that the calendar of events will be posted on Facebook. There will be new and exciting**

summer activities! Follow us on Facebook to see all of our upcoming activities: Clubados Valcartier



OPENING HOURS

Wed. & Thur. : 6 to 9 pm
Friday & Saturday: 6 to 10 pm

CLUB ADOS DAY CAMP— P.A.M. PROGRAM

A day camp formula that should please this age group giving them a bit more autonomy, responsibilities independence, a sense of adventure, entertainment and specially: FUN!

- * For teens aged 12 and over
- * Monday to Friday from 9 am to 4 pm
- * Outings at Village Vacances Valcartier
- * Learning animation and leadership techniques



PHYSIK CONDITIONING CENTER

HOURS:

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

Age required:

14 to 16 years old: Cardio only

16 and over: Cardio + Weights

Person Responsible:

Jean-François April

B.Sc Éducation Physique,

Telephone : 418 476-1053

Email:

centrepophysik@munsgdv.ca

Team:

Annick Desaulniers

Gabriel Parent

Scott Montgomery



DÉFI PERSÉVÉRANCE

LE SAMEDI 25 MAI 2019

SAINT-GABRIEL-DE-VALCARTIER

1 km
5km
10km

ORGANISÉ PAR VALLÉE JEUNESSE

Courez, marchez pour la persévérance scolaire!

Infos: valleejeunesse.com

KNITTING GROUP

WHEN: Tuesday 1 pm
(until May 28th)

COST: free

WHERE: Municipal library

INFORMATION:

Pamala Hogan Laberge

418 844-2097

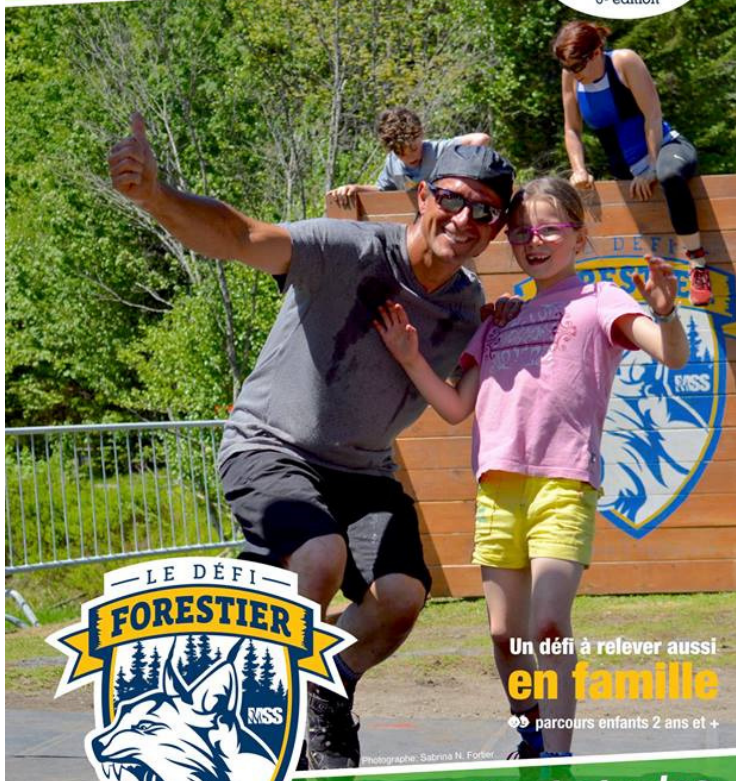
Bring your own equipment.

If you don't have any, we can lend you some.



RELEVEZ LE DÉFI

1^{er} juin
6^e édition



Un défi à relever aussi
en famille
parcours enfants 2 ans et +

Plus de 30 obstacles
sur un parcours de 2,5 ou 6 km

Saint-Gabriel-de-Valcartier

suivez-nous

ledefiforestier.ca



HORSESHOES

Does this activity interest you? Come join us on **Wednesday nights** as soon as the good weather sets in. We would like to see more people join us on a regular basis.

Contact Pamala Hogan Laberge at plaberge@munsgdv.ca or 418-844-1218.



HISTORICAL COMMITTEE—PROGRAM FOR APRIL TO JUNE 2019

The Historical Committee is settled in and ready for more!

Stop by with stories, photos, genealogical help, or just to chat!
Complex 1754 Boulevard Valcartier, Telephone: 418-476-1054

Office Hours:

Tuesday: 7:00 – 8:30 pm

Thursday: 2:00 – 4:00 pm

Third Thursday of the month at the Historical Committee

Drop by the HC on the Third Thursday of each month from 2:00 - 4:00.

We'll have a chat over a cup of coffee or tea. The program will vary each month.

April 25: Singing the old Songs! **(Rescheduled to May 16)**

May 16: "Back in the Day" Stories

June 20: Summertime, when we were young!



Lecture Series: Samantha Bilodeau

Date: **June 4th, 7:30 pm**

Samantha will present "Between Memory and History: Connecting the Irish past between Shannon and Valcartier.", a talk she presented at Irish Heritage Quebec last March.

Admission is free to all, the presentation will be in English.

OLD FASHIONED QUILTING BEE

We will have another of these workshops soon. Follow us on Facebook for more information.



COMMUNITY HOUSING—FOR RENT

- Calm, safe environment for people aged 55 and over.
- Parking included and supper daily
- 1711 Boulevard Valcartier
- 3 1/2 at \$715/month and 4 1/2 at \$857/ month

Contact Karolyne Côté, coordinator
418-404-1122

EMPLOYMENT—HOME CARE SERVICES

- ☑ Starting salary: \$13.54/h to \$15.34/h according to experience and task bonuses.
- ☑ Full or part time (minimum of 15h/week).
- ☑ Schedule according to your availability. Working at clients' homes.
- ☑ Main tasks: HOUSEWORK, errands, meal preparation, etc.
- ☑ Possibility of performing CARE services on the person, help to get up and bedtime routine.



MAINTIEN À DOMICILE

À COEUR D'AIDER LES NÔTRES

MEMBRE DU RÉSEAU DE COOPÉRATION DES **ÉSA** ENTREPRISE D'ÉCONOMIE SOCIALE EN AIDE À DOMICILE
Qualité - Compétence

Contact Méлина Rousseau to find out more: 418-842-9791 extension 29.



SAINT - GABRIEL
- DE -
VALCARTIER

*TOGETHER,
IN THE HEART
OF NATURE*

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

MASS SCHEDULES

St. Gabriel Catholic Church

1877 Boulevard Valcartier, every Sunday at 9 am

St. Andrews Presbyterian Church

1827 Boulevard Valcartier, every 2nd Sunday at 9 am (May 12, 26...)

St. Andrews United Church

1755 Boulevard Valcartier, every 2nd Sunday at 9:30 am (May 12, 26...)

Anglican Christ Church

1823 Boulevard Valcartier, 1st and 3rd Sunday at 9 am (May 5, 19...)

DID YOU KNOW...

That a list of organizations offering help to the community can be found on the Municipality's website under the SERVICES tab?

A copy is also available at the municipal office.

Call us to receive a copy by mail.

DATES TO REMEMBER

MAY

- 1 Registration begins for Summer Playground and Playgroup
- 10 Deadline to submit a CV—Playground and wading pool summer jobs; Special needs help
- 11 Hip-Hop dance show at 2 pm
- 14 Men's softball—warmup practice
- 15 Deadline to submit a CV—Public Works summer job
- 16 Historical Committee—chat and coffee «Songs and stories»
- 20 Municipal office and library closed
- 21 Beginning of Men's softball league season
- 24 Deadline to register for mixed slow-pitch league
- 25 Beginning of children's baseball league and Défi persévérance—Vallée Jeunesse
- 26 HHW Collection, distribution of saplings, community yard sale, donation of used articles
- 27 Special leaf pickup week
- 28 End of knitting group

JUNE

- 1 Défi forestier—École Mont Saint-Sacrement
- 4 Historical Committee—Conference series with Samantha Bilodeau
- 15 Summer Book Club launch at the Library
- 17 Opening of wading pool and beginning of pétanque game

nights (Mondays & Wednesdays)

- 20 Historical Committee—chat and coffee «Summertime When We Were Young»
- 21 Beginning of teen/adult soccer nights
- 24 Municipal office and library closed
- 26 Beginning of Summer Playground and Playgroup
- 27 Beginning of PUBLIC MARKET

JULY

- 1st 2nd installment due for municipal taxes, Municipal office and library closed
- 3 Library—beginning of summer schedule
- 4, 18 OUTDOOR MOVIES
- 4 11, 18, 25 PUBLIC MARKET

AUGUST

- 1, 15 OUTDOOR MOVIES
- 1, 8, 15, 22, 29 PUBLIC MARKET
- 9 End—Summer Playground and Playgroup, Registration deadline for slow-pitch tournament
- 12 Extra daycare week
- 15 Next edition of the Indispensable News Bulletin
- 17-18 Slow-pitch tournament and Family Day
- 22 Library Summer Reading Club draw for prizes