

SAINT - GABRIEL
- DE -
VALCARTIER



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AUGUST 2019

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- CHANGES OF ADDRESS-5TH AVENUE
- FAMILY DAY
- MUNICIPAL GOLF TOURNAMENT
- HALLOWEEN ROUTE
- SPORTS AND RECREATION PROGRAM



Mr. Stacy Gagné,
municipal inspector

THE INDISPENSABLE NEWS BULLETIN



Photo credit: Catherine Drouin

A WORD FROM THE MAYOR

Our Spring was quite slow but once July arrived, we certainly made up for lost time. I hope everyone was able to take advantage of the beautiful weather and are ready for some pleasant autumn days.

I am proud of our Municipality for being chosen as the setting for the television series entitled «Barkskins». This major production will be produced by Fox TV and will be broadcast on the National Geographic Channel in 172 countries and 43 languages. It is based on a novel by award-

winning author Annie Proulx. The storyline recounts the arrival of the first settlers to Nouvelle France in 1690. Wanting the production to be as authentic as possible, the creators looked at several sites across the province before settling on our Municipality. They were looking for virgin territory with no signs of modern civilisation with a 360-degree camera view.

The municipal council granted a conditional usage permit with conditions after a public consultation meeting. Work began the following day transforming the site into a 17th century village with 17 structures in

all. The Quality of the work and attention to details has been very impressive. The first nine episodes are scheduled to air somewhere in January or February. Stay tuned for more information.

I would like to take this opportunity to welcome our new municipal inspector to our team. Mr. Stacy Gagné (see picture at left), a resident of our Municipality, began working in June. Wishing him all the best in his future duties. Enjoy the rest of summer and always remember to be safe.

Brent Montgomery, maire

SLOW-PITCH TOURNAMENT AUGUST 16 - EVENING

- ♦ SLOW-PITCH TOURNAMENT
- ♦ LABATT TERRACE  **6 pm**
- ♦ PICKLEBALL **7 pm**
- ♦ CLUB ADOS CANTEN **6 pm**

SLOW-PITCH TOURNAMENT AND FAMILY DAY AUGUST 17 (FREE ACTIVITIES FOR KIDS)

INSIDE (Community Center)

- ♦ USED BOOK SALE **10 am**
- ♦ BINGO - ROGER LAMONT FOUNDATION **2 pm**
- ♦ CARD GAMES (Euchre) **3 pm**

OUTSIDE

- ♦ SLOW-PITCH TOURNAMENT **All day**
 - ♦ HORSESHOE TOURNAMENT **2 pm**
 - ♦ VOLLEYBALL **2 pm**
 - ♦ TIMBITS CLOSING CEREMONY - PRESENTATION OF MEDALS 
 - ♦ A PONY IN MY YARD with: **12 pm to 7 pm**
 - ♦ Face painting - Mini-farm - Mini-putt
 - Pony rides - Inflatable games
 - Dino cars/ pedal karts - Carnaval games with prizes - And more!
 - ♦ CRAFTS TABLE (rock painting)
 - ♦ AVAILABLE ON-SITE FOR SALE **All day**
- Popcorn - Ice cream - Homemade fries and chips**
- Cotton candy - Slush



- ♦ RESTO-PUB ST-GAB (hots dogs, hamburgers, guédilles)

SLOW-PITCH TOURNAMENT AND FAMILY DAY AUGUST 17 (FREE ACTIVITIES FOR KIDS)

- ◆ SPAGHETTI SUPPER (Resto-Pub St-Gab)
on-site

5 to 7 pm

COST: 0-12 years old \$5 12 years old and over \$10



- ◆ SHOW BY THE GROUP « NO BROTHERS »
IN HONOUR OF MARLENE DROUIN

5 to 8 pm

- ◆ LABATT TERRACE



12 pm to 12 am

- ◆ FIREWORKS

after the slow-pitch tournament



- ◆ SHOW BY THE MUSICAL GROUP « GIMME 4 »

after the fireworks until midnight



PLEASE NOTE:

In order to offer a safe and family friendly environment, we ask that you please **RESPECT AND COLLABORATE** with the following rules and regulations:

The **OBJECTS BELOW** are not permitted on our site!

- * Animals
- * Alcohol not sold on-site
- * Glass bottles
- * Drugs and their accessories



Skateboards, scooters, BMX bikes are allowed at the skate park **ONLY**. **HOWEVER**, helmets **ARE OBLIGATORY**. You will be asked to leave if you do not comply! All bikes on site will be parked, unless used at the skatepark.

Clothes drive

VALCARTIER ELEMENTARY SCHOOL

In collaboration with l'Entraide diabétique du Québec and the Municipality of Saint-Gabriel-de-Valcartier .
All proceeds will go to Valcartier Elementary School's PPO, for students!

Collection dates:

Between September 26th and October 26th in the
basement of the Community center during opening hours.
Thrift Store will be open from October 5th to 26th.



COMMUNITY GOLF TOURNAMENT SEPT. 29TH

The Sports and Recreation Department is holding its annual fall golf tournament on Sunday, **September 29th** at the **Club de Golf Castor on Base Valcartier**. This activity will be held for the price of **\$90 per person**. The event will start with a brunch, and a fabulous prize draw!



The game to be played is Continuous Mulligan and a minimum of 10 foursomes is needed for the activity to take place.

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

Registration: on-line through Amilia



MUNICIPAL TAXES

Final payment of 2019 municipal taxes

We remind you that the third and final payment is due on September 1st, 2019, after which, interest fees will apply.

Payment methods:

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

The 2020 annual tax bill will be mailed the first week of March.

BYRON MCBAIN FUND BBQ

This community fundraiser is organized by Fire Safety Services and will be held on Sunday, **September 1st** at the Valcartier Community Center. The number of chickens is limited so **YOU MUST RESERVE YOUR CHICKEN!**



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

Games for kids: 4 pm

Dinner served: 5 to 7 pm

To reserve: 418 844-3755 (Susan) suepow@videotron.ca

BYRON MCBAIN GOODWILL FUND

Mr. Byron McBain was an extraordinary volunteer in our community for well over 30 years. He was a volunteer fireman and became Director for our Fire Safety Services. He was also a great volunteer with his Church. Mr. McBain was the catalyst for many acts of charity helping to improve the quality of life for his fellow citizens. The Byron McBain Fund will serve to promote volunteerism within our community by offering grants for education to young citizens having volunteered for the Municipality. The fund will also serve to reward or reimburse Saint-Gabriel-de-Valcartier citizens having made a gesture of charity or humanitarian aid to their fellow citizens. This non-profit fund is managed and operated by the Municipality's Fire Safety Service. To make a donation, send a cheque made out to Byron McBain Fund and mail to: 1743, Boulevard Valcartier, Saint-Gabriel-de-Valcartier, Quebec, G0A 4S0.

**VOLUNTEER STUDENTS, DON'T FORGET TO APPLY FOR THE
BYRON MCBAIN FUND BURSARY BEFORE OCTOBER 31ST.
DETAILS ON THE MUNICIPAL WEB SITE.**

JAPANESE KNOTWEED

This plant, while attractive, is on the charts as one of the 100 most invasive species on the planet According to the World Conservation Union. It prevents other plants from growing, weakens biodiversity and causes damage to infrastructures. Near waterways, it limits access to water, increases risks of flooding and increases erosion risks.

How to recognize Japanese knotweed

A rapidly growing perennial, knotweed can reach heights of 2 to 3 m during the summer. It is sometimes called Japanese bamboo because it has a hollow stalk like bamboo. In July and August, it produces many small white flowers, arranged in clusters at the base of the leaves.

It spreads rapidly due to its rhizomes, which can burrow up to 2 meters into the ground and up to 7 meters around the plant! It prevents other plants from growing nearby by secreting a phytotoxin into the soil.

It reproduces from tiny fragments of stems or rhizomes that can remain dormant in the soil for 10 years.

How to reduce its proliferation?

- ◆ Avoid cultivating it.

- ◆ Avoid mowing it, since mowing residues will promote its dispersion.

- ◆ If it is already growing in your garden, eliminate it as soon as possible. Pull up the young shoots by hand by gently pulling the seedling or digging it out. If it is late in the season, but the stem doesn't reach 1 meter, dig 1 m deep, inside a 2 m radius of each plant, to remove all of the roots.

- ◆ If it has largely developed, weaken it by cutting it down and pulling it out several times during the summer (approximately 2 to 3 times, from June to August) for several years in a row. Dispose of these in sealed plastic bags.

Japanese knotweed must not be composted or thrown out in nature. It must be disposed of in sturdy plastic bags and thrown out in **the trash**.

Source: Ville de Québec



EMERALD ASH BORER

The emerald ash borer is an extremely destructive invasive beetle that attacks and kills all species of ash trees, but not mountain ash trees, which are not ash trees even though their English name mountain ash may suggest otherwise. The emerald ash borer has already killed millions of ash trees in North America.



To prevent the spread of Emerald Ash Borer, the CFIA has placed restrictions on the movement of ash logs and firewood outside regulated areas.

Report any new pest detection outside regulated areas at any CFIA office.

For more information on how to identify the emerald ash borer and to prevent its spread, see:

<http://www.inspection.gc.ca/vegetaux/phytoravageurs-especesenvahissantes/insectes/agrile-du-frene/fra/1449632962119/1449632962930>.

To view the restricted area:

http://inspection.gc.ca/DAM/DAM-plants-vegetaux/STAGING/text-texte/pestrava_agrpla_ministerial_pdf_1337372111445_fra.pdf

CHANGEMENTS D'ADRESSE 5^e AVENUE

My change of address is a question of security!

The goal of this major project is to ensure the safety of our citizens by orienting our territory in a more consistent and logical manner that will streamline the locating of addresses. The municipal council has been studying this topic in order to minimize its impacts and ensure the best transition possible between the old and the new property addresses. It goes without saying that the safety of our population is the main concern of council and this project aims to facilitate the work of emergency services (first responders, fire services, ambulance, police, home-care services, etc.). Early this fall, **all residents of 5th Avenue** will receive their change of address kits. The change of addresses will come into effect on December 16th, 2019. Canada Post will continue to forward mail addressed to the previous address for one year, free of charge. Addresses on Boulevard Valcartier will be modified in the fall of 2020. Thank you for your understanding and cooperation.

**Don't forget to turn back your clocks on November 3rd
and change the batteries in your smoke detectors.**



FEDERAL ELECTIONS EMPLOYMENT

To apply for work during the federal elections:



You simply need to go to our website <https://www.elections.ca/accueil.aspx> and the cover page will allow you to choose the language you want and in the center of the page you will see that it says « We're hiring! Come work with us! ».

WINTER SHELTERS

Winter shelters for either vehicles or for pedestrians at the entrance of a building, as well as snow fences and other winter protection are



authorized in all zones from October 1st to April 30th the following year.

BULK PICKUP

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

Dry waste materials include:

*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:

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

Please note that bulk pickup service is limited to 4 times per year per residence.

Thank you for your cooperation!

GARBAGE AND RECYCLING CONTAINERS

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

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

Notice to Sommet Bleu Development

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



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

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

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

SPECIAL COLLECTION FOR FALLEN LEAVES

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



collection of household garbage. The Municipality will organize a special collection the week of **November 4th**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.

DISTRIBUTION OF WOOD CHIPS

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



HHW COLLECTION (HAZARDOUS HOUSEHOLD WASTE)

The Municipality will offer a Hazardous Household Waste (HHW) recycling depot, free of charge, on **Sunday, SEPTEMBER 15th from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

You must bring your hazardous materials to the depot location.

Here is a list of materials that can be recuperated:

PAINTS

Paints:

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

Aerosol paints

ORGANIC HAZARDOUS HOUSEHOLD WASTE

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

INORGANIC HAZARDOUS HOUSEHOLD WASTE

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

Fluorescent compact light bulbs (CFL)



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

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

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

aujourd'hui on réduit
let's reduce today

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

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

For safety reasons, do not mix products.

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

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

Thank you for your active participation in a healthy environment!

REGIONAL CHRISTMAS CARD CONTEST

This year again, the MRC de La Jacques-Cartier launches the contest reserved exclusively for the region's residents and students aged 5 and over. You do not need to be an expert artist. All you need is a dose of artistic inspiration to produce an original piece on canvas showcasing a Christmas scene or winter scenery. Many prizes will be handed out!

Participants must register for this contest.

You can now register online at mrc.jacques-cartier.com or by calling 418 844-2160, extension 227. The registration period to deposit your canvas ends on October 2nd.

All details can be found at mrc.jacques-cartier.com.



FIRE PREVENTION WEEK OCTOBER 6TH TO 12TH, 2019

Fire prevention week will be held from **October 6 to 12 October** and this year's theme is **"The first person responsible is you!"**

Throughout the province, several activities will be organized to promote safe behaviors to adopt on a daily basis in order to prevent fires.

Did you know that...

If a fire broke out in your home, it would take **three minutes and the fire and smoke could trap you.**

Increase your chances of survival with two

concrete actions:

- * Make sure you have a properly functioning **smoke detector** at all times;
- * Prepare an **evacuation plan** for your residence.

Chimney cleaning

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





FIRE PREVENTION

THE FIRST PERSON RESPONSIBLE IS YOU!



OPEN HOUSE ACTIVITIES AT THE FIRE HALL

COME ONE, COME ALL TO SEE THE FIRE HALL!

SATURDAY, AUGUST 17TH FROM 10 AM TO 2 PM DURING FAMILY DAY, COME BY TO SAY HI AND TOUR THE FIRE HALL AND SEE THE TRUCKS! WE MIGHT EVEN HAVE A FEW SURPRISES

A SAFE HALLOWEEN TRICK OR TREAT ROUTE

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

The patrolled route is as follows:

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

Drivers: please be vigilant along the streets mentioned above and travel below the posted speed limit. Residents: please keep your dogs tied and turn off the outside lights if you are unable to participate or when you can no longer receive trick-or-treaters. Thank you very much for your cooperation and we hope that this effort will help the children enjoy a safe and happy Halloween.

Come to the FIRE HALL to pick up a

flashing pin and a surprise before starting your Halloween route.

We will also be serving hot chocolate and coffee!

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

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

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



VOLUNTEER FIREMEN

Have you always dreamed of becoming a fireman? This is your chance! We are looking for volunteer firemen right here in our community!



Fill out the form online (<http://saint-gabriel-de-valcartier.ca/en/citizens/security/fire-safety-services/become-a-volunteer/>) or

send your CV to:

FIRE SAFETY SERVICES
1743 Boulevard Valcartier
Saint-Gabriel-de-Valcartier
(QC) G0A 4S0
Or admin@munsgdv.ca

SPORTS AND RECREATION PROGRAM—FALL 2019

FOR MORE INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director **418 844-2097** or plaberge@munsgdv.ca

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 through the municipal website 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 by clicking on LOGIN. Enter your email and password and you will be redirected to your new user account. To register for an activity, you will have to find our On-line Boutique on Amilia, by clicking on ‘Find an organization’. Once you have found Municipalité de Saint-Gabriel-de-Valcartier in the list, click on the name and you will be automatically redirected to our On-line Boutique.

PLAYGROUP FOR CHILDREN AGED 3 TO 5 YEARS OLD

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

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

Where: Community Center

Schedule:

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

Duration: 14 weeks from
Sept. 10 to Dec. 12

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



PAINTING GROUP

"Painting for pleasure" is the name of this group who are passionate about painting. The group meets on Wednesdays from 9 am to 12 noon (beginning September 11th) and every 2nd Monday (beginning September 16th) at the Complex 1754 to discuss the basics of painting or drawing in order to perfect their art.

Residents wishing to join the group to paint or exhibit must contact Pamala Laberge at 418 844-2097. Bring your own material if you have any.



AIKIBUDO VALCARTIER

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

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

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

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

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

Schedule: Mondays & Wednesdays
7:00 to 8:30 pm beginning
Sept. 16 for 10 weeks

Where: Community Center

Cost: \$40

Including AAKQ (Association d'Aikibudo et de Kobudo du Québec) membership fees.

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

Information:

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

Etienne Patenaude (581) 984-4193

Facebook : Aikibudo Valcartier
(@aikibudovalcartier)

www.aikibudo.ca

CHAIR YOGA

Take care of your body, it's the only place you have to live in ...

2019 fall session as of Sept. 25th

When: Wednesday 10 to 11 am

Cost: \$120 (tx included) for 10 weeks

Where: Complex 1754

Registration:

Marylin Parent, Yoga teacher

418-844-3916 or

parent_marylin@hotmail.com

NAMASTÉ



BEGINNER SPANISH

Teacher: Lisandra Alonso Roche

When: Thursday 7 to 8 pm
as of Oct. 10

Cost: \$50 (8 weeks)

Where: Community Centre

Registration:



Minimum 8 participants required to hold this course.

BEGINNER SALSA

Teacher: Lisandra Alonso Roche

Where: Tuesday 7 to 8 pm
as of September 24

Cost: \$50 (8 weeks)

Où : Sports Complex

Inscriptions :



Minimum 8 participants required to hold this course.

KNITTING GROUP

Knitting workshops for everyone.

No experience necessary!

Instructor: Katherine Burgess

When: Tuesday 1 to 3 pm
beginning October 1st

Cost: free

Location: Municipal Library

Registration: Pamala Laberge
418-844-1218

plaberge@munsgdv.ca



BETTY'S QUILTERS GROUP

Welcome new members! This activity is for adults.

Des projets de groupe ou pour débutants sont proposés ou vous pouvez travailler sur vos propres projets. L'objectif est d'apprendre et de partager nos connaissances.

Where: Community Centre

When: Mondays as of Sept. 9
9 am to 3:30 pm

Cost: \$30 for the year

Information session on the first Monday.

Quilting exhibition on Sunday
November 3 from 10 am to 3 pm at the
Community Centre.

Crafts and snacks for sale also!

Free entry!



PICKLEBALL

Indoor Pickleball will start again this fall.

When: Mondays and Wednesdays at 7 pm
as of September 23rd
Where: Mont Saint-Sacrement
Cost: free
Information: Pamala Hogan Laberge
plaberge@munsgdv.ca
or 418-844-2097
to be added to our
information group.

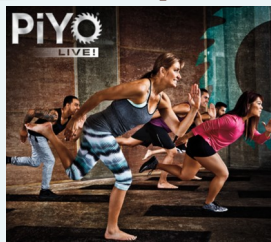


PIYO LIVE!

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

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

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



HATHA-YOGA

*Take care of your body, it's the only place
you have to live in ...*

Fall session beginning September 23

When: Thursday 9:30 to 10:45 am
Where: 268, 5th Avenue
When: Tuesday 7:30 to 8:45 pm
Where: Complex 1754
Cost: \$120 (tx included) for 10 weeks
or \$220 for 2X/week (20 classes)

Registration: Marylin Parent, Yoga teacher,
418-844-3916
or parent_marylin@hotmail.com
NAMASTÉ



ZUMBA

When: Wednesday 7 to 8 pm as of Oct. 2nd
Where: Sports Complex (1745 Boulevard Valcartier)
Cost: \$100/session 10 classes
\$50/session for children 7-12 years old
\$15/class
\$8/class for children 7-12 years old
Information: Laury Fortin | lauryfortin1@gmail.com
581 305-4511

Possibility to do a trial
class!



CLUB DE TAEKWON-DO

Fall session September 17 to December 5, 2019
**\$10 rebate for registrations received before Sept. 10

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-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, 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).

Registration period August 17 to October 3

REGISTRATIONS FROM THE AGE OF 7 ON.



Belt	Day	Time	Cost
Beginner to white	Tuesday	6:15 - 7:30	\$60
Yellow and above	Tuesday & Thursday	6:15 - 7:30	\$110
Black	Tuesday & Thursday	7:45 - 9:00	\$110



MARIE-ÈVE ROCHETTE FITNESS TRAINING

MOM AND BABY FITNESS (0-5 years old)

The objective of this course is to give stay at home parents the tools to stay physically fit. Also, learn about the psychomotricity development of your little motors through games and nursery rhymes.

WHEN: Friday 9 to 10 am / 12 weeks
as of September 20

COST : \$50

WHERE: Community Center



50+ FITNESS

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

WHEN: Tuesday 9 to 10 am

And/or Friday 1:45 to 2:45 pm

12 weeks September 16 to December 6

COST: \$50/session | \$5/class | \$75/session 2X/week

WHERE: Community Center

INFORMATION:

Marie-Ève Rochette | 581 995-5580

Kinesiologist and certified effort physiologist

TAI CHI

ADOPT TAI CHI CHUAN AND QIGONG FOR YOUR HEALTH!

When: Monday night 7:15 to 8:45 pm
September 16 to November 18

Where: Complex 1754

Cost: \$180

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



PAINTING FOR ADULTS

Oil or acrylic painting course for beginners or advanced. The teacher has over 28 years of teaching experience and opens her private workshop to her students. The course is for people who want to learn to paint while having fun because it is a hobby. A list of materials will be suggested at the first class for beginners. The subjects are at the discretion of each, nothing is imposed. Groups of 4 - 5 people.



When: Monday and Thursday 1 to 3 pm
Wednesday 6:30 to 8:30 pm
Thursday 9:30 to 11:30 am

Where: 12, chemin du Lac

Cost: \$17/class

Information: Marielle Rioux 418 844-2019

CHOIR

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



Information: Pamala Hogan Laberge
418-844-2097

PIANO

When: Monday to Thursday
45 min. sessions
3:30 to 6 pm

Where: Community Centre

INFORMATION:

Kathryn Seppala

418-842-8289/418-520-9954

seppala.kathy86@gmail.com



PUBLIC MARKET

SHELTER BEHIND THE COMMUNITY CENTER
every Thursday until September 19
from 2:30 to 6:00 pm

We'll be there rain or shine!

Information: Joanne Gosselin, 418-844-3213 or
jardins5econcess@hotmail.com



THANK YOU DEAR VOLUNTEERS

Volunteers are the heart of this community. It is through their dedication and hard work that helps Saint-Gabriel-de-Valcartier be as fantastic as it is! Each and every year I am amazed by the number of people who so willingly accept to give their time to others.

A special thanks to our soccer, softball and Family Day volunteers. Without you, these programs would not be the success they are. Thank-you to our summer employees who also put their hearts and extra time into their jobs! Without our volunteers we wouldn't be able to provide the high standard and variety of activities that we do. A special thank you to all our wonderful, talented, committed and amazing community volunteers. Your contribution means the world to all those you support. The time and dedication of all our volunteers is hugely appreciated by myself and the municipal council. It takes the effort of each and every volunteer and employee to make this town a great place to live, learn, work and play.

PAM

STUDIO DÉPENDANSE (HIP-HOP)



Hip-hop classes for children aged 3 years old and over. The cost includes a general practice and show. We also have a group for moms and dads.

When: Monday, Thursday or Saturday
as of September 14

Where: Sports Complex (1745 Boulevard Valcartier)

Cost: \$150
rebate of \$5 for each child from the same family

Information: Laurie Pelletier
studio.dependanse@gmail.com | 418 570-0911

ENGLISH WORKSHOP— CHILDREN 5 TO 8 YEARS OLD

When: Saturday morning 9 to 11 am
Where: Valcartier Elementary School
Cost: \$150 / 10 workshops
Information: Pamala Hogan Laberge
plaberge@munsgdv.ca
or 418 844-2097



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

CENTRE DE CONDITIONNEMENT PHYSIK

Clientele: 14 years and over

SCHEDULE:

Monday to Thursday: 6 am to 9 pm

Friday: 6 am to 7 pm

Saturday: 8 am to 4 pm

Where: Complex 1754

PRICE LIST:

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

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

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

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

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

Students (14 to 25), volunteers and 50+:

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

1 session : \$5 / person

Card for 20 sessions : \$60 / person

Non-residents : \$20 extra



Person responsible :

Jean-François April
B. Sc Éducation Physique,
Entraîneur spécialisé FCPAQ
Tel. : 418-476-1053
centrephysik@videotron.ca



COMPLEX 1754 BOULEVARD VALCARTIER

CBJC NEWS

The return of salmon fishing on the Jacques-Cartier River?

The fishing of Atlantic salmon has been prohibited on the Jacques-Cartier River since 2004. However, the concerted efforts to reintroduce the species by the Corporation du bassin de la Jacques-Cartier (CBJC) and the Ministry of Forests, Wildlife and Parks (MFFP) are giving hope to reverse the situation. Salmon run trends are on the rise and the dream of an eventual reopening of fishing is surfacing.

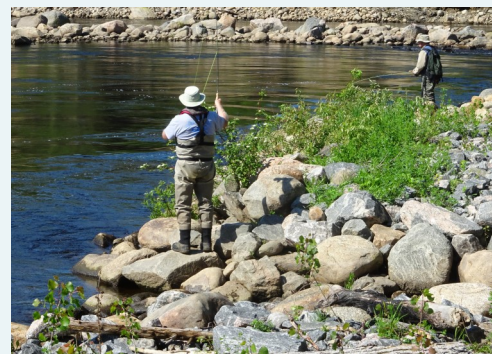
Given the evolving character of the waterway, the Jacques-Cartier riverbed has undergone modifications over the past 15 years. The CBJC, will attempt, over the summer season, to characterize the salmon pits that are used between the Fort Jacques-Cartier bridge and the Donnacona dam. These pits, where the salmon rest during their run (from June to October) are privileged areas where fishers can practice their art.

In order to characterize this essential habitat, the CBJC launched an Atlantic salmon experimental fishing project that will take place during the months of June to August this year. More precisely, for every day targeted by the project (10 in all) experienced volunteer fishers will carry out a scientific fish in 3 predefined sectors for a total duration of 1 hour per day per sector. This fishing experiment will be used as a way to document the area, the pit retention, the efficiency of the fly fishing etc. Information and data will be gathered, such as the number of salmon observed, and will be compiled and analyzed to determine the resting pit and guide future actions concerning the gradual reopening of salmon fishing all the while respecting ministerial regulation.

A CBJC employee will be present on site every day of the fishing experiment to explain to passers-by, the visitors and the curious, the reason for the experimental fishing project, the rules in place as well as the gathering of extra information etc. It is important to note that this scientific project has the authorization of the responsible authorities and that all salmon caught will be released back to the river.

If you would like more information, you may contact us at 418-875-1120 or email at info@cbjc.org.

Source:
Corporation du bassin de
la Jacques-Cartier (CBJC)
1-888-875-1120
info@cbjc.org
www.cbjc.org



SAINT-GABRIEL-DE-VALCARTIER RESIDENTS DAY

SUNDAY AUGUST 25

OUTDOOR WATERPARK

20\$^{+tax} PER PERSON*
all sizes
*Driver's license with photo required

Did you like your day?
Get your subscription season
for the summer of 2020 at a reduced rate.

 **Valcartier**
parcs | hôtels | spa

CALLING ALL CITIZENS!

WE NEED YOUR OPINION.

The MRC is updating its cultural policy.

Participate by sharing your interests and needs on this cultural matter at mrc.jacques-cartier.com/sondage or use the QR code to the right.

Complete the survey (French only) before September 13th for the chance to win a La Jacques-Cartier discovery basket worth \$250.



To read the code, use the « photo » application on your phone. You will be redirected to the web page with the survey.

MUNICIPAL LIBRARY

COMING THIS FALL...

READING BUDDIES

Plush animals will be available for children to read to. Nothing is better than reading with a friend!

I MISS YOU

Reading pack to help small children cope with grief.

PERSPECTIVE

A thematic collection of books to challenge your concepts and help you see things from a different point of view.

PERSECTIVE FOR PARENTS

A thematic collection of books with insightful ideas to help parents find new ways to raise happy families.

ASK AT THE CIRCULATION DESK!

USED BOOK SALE

Saturday, August 17th from 10:00 am to 7:00 pm. In the Community Center French and English books for all ages, prices vary from a quarter to a toonie or you can fill a bag and make us an offer! Take a break from the Family Day activities and stock up on winter reading. The books will remain on the stage until August 22nd for those that can't come on Saturday. Profits will be donated to the Library. Take a book and leave a donation.

TD SUMMER READING CLUB

Stop by the Library first to bring back your books and get your last tickets!

The draw for prizes will be held at the Community Center on Thursday, **August 22nd at 6:45 pm.** Reading Club members have until September 17th to claim their prizes for having read 5 or 10 books.

On-line resources, electronic books, etc.:

HISTORICAL COMMITTEE

NEW OFFICE HOURS:

Tuesday 7 to 8:30 pm

Thursday 10 am to 12 (noon)

Stop by on each third Thursday of the month for a cup of tea or coffee and a good chat!

The Valcartier Historical Committee has an urgent need for:

Old Letters, Old Postcards, Great-Grandma's Diary, (even Great Uncle Fred's box of correspondence!)

and other such precious documents that have been handed down and stored away through the generations. We will be putting together a theatrical reading of these long-lost gems. The production will be in October or November – (the dates to be determined.)

Send us a good quality scan of your original valcartier1816@munsgdv.ca.

Information

François Vidal : franvidal@hotmail.com | 418-575-3972

Debbie Chakour : Debbie.chakour@videotron.ca | 418-844-2273

OUTING

“FROM STE-AGATHE TO KINNEAR'S MILLS”

Saturday, October 5th, 2019, 8:30 am to 4:00 pm

Reduced price for residents before September 7th \$15

Reservations after September 7th \$20

Reserve by September 27th

To reserve, call: 418-844-1218. Payment required to confirm your reservation.

Join us for a trip through our “sister villages” south of the St-Lawrence.

We will tour this historic area with Steve Cameron as our guide. Learn of the opening of the territory via Craig's Road, the story of the Corrigan Murder, the installation of the Celtic Cross, and much more ... all under the colours of autumn.

Highlights

Celtic Cross - Sainte-Agathe-de-Lobinière - Old Craig's Road - Saint-Sylvestre - Historic Site - Saint-Jacques-de-Leeds - Heritage Site - Kinnear's Mills - Lysander Falls - Inverness - Panoramic View of the area

We will provide a snack to keep us going until our late lunch following the tour. Lunch will be on your own at “La Fin d'la Faim” in Sainte-Agathe. (Soup, a choice of a half-club or cheeseburger plus fries, with coffee or tea for \$15, plus tip and optional beverages.) Travel is on a school bus.

HEURE DU CONTE

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



Friday, October 25th at 6:30

HORAIRE

Opening hours until August 31st

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

Opening Hours as of September 2nd

Monday: 2 - 4:30 p.m.
Tuesday: 10 a.m. - 12 p.m. / 4:30 - 8:30 p.m.
Wed.: 6:30 - 8:30 p.m.
Saturday: 2 - 4 p.m.

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

MUNICIPALITY OF
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

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

CHURCHES

St. Andrews United Church

1755 Boulevard Valcartier, every 2nd Sunday at 9 am

Église anglicane Christ Church

1823 Boulevard Valcartier, 1st and 3rd Sunday at 9 am

St. Andrews Presbyterian Church

1827 Boulevard Valcartier, 1st and 3rd Sunday at 9 am

St. Gabriel Catholic Church

1877 Boulevard Valcartier, every Sunday at 9 am

Do you have some time for me? I have time for you!

Our parish is offering a series of catechism courses centered on the Gospels which will teach us to actualize the Word of God in our daily lives.

The courses will help us to develop our relationship with Jesus Christ and guide us to live a good Christian life.

Understanding the Gospel and applying it to our daily lives will prepare us for:

The sacraments of **Reconciliation**
and **First Holy Communion**

The sacrament of
Confirmation

A Special course has been adapted for teenagers from ages 13 to 17.

A course is also offered to adults who have not yet received the above sacraments (*This is the same course offered to those who are called to become Godparents at Baptism*).

Celebrate, Contribute,
Be informed : All in one
place. On our website!

saint-ambroise.org



418 842-2437

MUNICIPAL OFFICE CLOSED

Statutory holidays:
Monday, September 2nd
Monday, October 7th

DATES TO REMEMBER

AUGUST

- 15, 22, 29 PUBLIC MARKET
- 16, 17 Family Day and slow-pitch tournament
- 17 Used book sale and open-house at the fire hall
- 22 Summer Reading Club draw for prizes-Library
- 25 Resident's Day at Village Vacances Valcartier

SEPTEMBER

- 1 3rd installment due for municipal taxes
- 1 Byron McBain Fund BBQ
- 2 Return to regular schedule - Library
- 5, 12, 19 PUBLIC MARKET
- 9 Beginning quilting
- 10 Beginning Playgroup
- 11 Beginning painting group
- 13 Last day to submit MRC survey
- 14 Beginning Studio Dépendance hip-hop classes
- 15 HHW Collection
- 16 Beginning Aikibudo and Tai Chi
- 17 Beginning of Taekwon-Do,
- 18 Beginning of Piyo live!
- 20 Beginning of Marie-Ève Rochette fitness training
- 23 Beginning of Hatha-Yoga and indoor pickleball

- 24 Beginning of Salsa for beginners
- 25 Beginning of Chair Yoga
- 29 Municipal Golf Tournament

OCTOBER

- 1 Winter shelters permitted and knitting group
- 2 Beginning of Zumba
- 10 Beginning of Spanish for beginners
- 5 au 26 Opening of VES thrift store
- 6 au 12 Fire Prevention Week
- 21 Federal elections
- 25 Halloween story time at the Library
- 30 Deadline to apply for Byron McBain Fund bursary
- 31 Halloween Safety Route

NOVEMBER

- 3 Quilting exhibition and return to normal time
- 4 Special collection of fallen leaves all week
- 28 Last weekly collection of bulk waste

**BEGINNING OF DÉCEMBRE - PROCHAIN
INDISPENSABLE**