



SAINT - GABRIEL
- DE -
VALCARTIER

Volume 13 | Issue 1

DECEMBER 2019

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



**CHRISTMAS
TREE LIGHTING
FESTIVITIES ON
DECEMBER 15TH**
Invitation and
program
on page 2

THE INDISPENSABLE NEWS BULLETIN

A WORD FROM THE MAYOR

The Holiday Season is fast approaching and I am sure everyone is very busy making their preparations. Mother Nature gave us a friendly reminder with an early snowfall just to ensure we wouldn't forget!

On December 16th we will be issuing new civic numbers for all residents of 5th Avenue. The decision to modify civic numbers was necessary due to the current situation of having no civic numbers available for new constructions and as a result, civic numbers with letters were issued. Normally, letters refer to a dwelling containing an apartment. All residents of 5th Avenue should have already received their change of address kits. Canada Post will continue to forward mail addressed to the previous address for one year, free of charge. Thank you for your understanding.

On November 16th, a group comprised of Municipal employees, Council members past and present and close friends and relatives gathered at the Community Center to wish Joan Sheehan, Director General of the Municipality, a safe, happy and well-deserved retirement. Joan's career spanned 40 years and her contribution to our Municipality cannot be overstated. She has been a consummate professional in every



**THE ENTIRE
MUNICIPAL
TEAM
WOULD LIKE
TO WISH
YOU A VERY
HAPPY
HOLIDAY
SEASON!**

sense of the word as anyone who has dealt with her can readily attest to. Joan has put her heart and soul into making our Municipality such a great place to live and for all of this we say thank you and God Bless!

As of January 1st, Heidi Lafrance will be taking over the reins as Director general. Council is very confident that she will be successful in her new role and we wish her all the best!

Finally, I would like to take this opportunity to wish all of you a safe and Merry Holiday Season!

Brent Montgomery

INVITATION

THE MUNICIPAL SPORTS AND RECREATION DEPARTMENT INVITES THE POPULATION TO

The 2019 Christmas Tree Lighting Activities

SUNDAY, DECEMBER 15th FROM 12 NOON TO 2:30 PM

At the Community Centre

SKATING AND FAMILY HOCKEY GAMES
noon to 4 pm

All day:

Hot chocolate, cotton candy,
Gingerbread house contest, soup (free
while supplies last!) bring your lunch
to complete your meal

Face painting, crafts noon to 2 pm

Interactive Christmas walk 2 pm

Santa's arrival 3 pm

**CAROLS AROUND THE CHRISTMAS TREE
AND LIGHTING OF THE TREE 4 to 4:15
pm**

Welcome home for the Holidays!

Animation
for children
on-site!

*Don't forget to bring
a donation for the
Christmas hampers*

Gingerbread
house
contest*

FREE ACTIVITIES

Walking
trail
decorating
contest*

*See our website for rules



CHRISTMAS STORY TIME

Begin your Christmas festivities at the Library on **Friday, December 13th** from **6:30 to 7:30 pm**.

We'll have Christmas stories, songs, treats and a special craft project. Don't forget to wear your pyjamas and bring your favorite stuffed toy and blanky. Remember that Santa Claus will be at the Community Center on Sunday, December 15th, so write him a letter and bring it with you to the Library and we'll make sure he receives it!



MUNICIPAL LIBRARY

418 844-4040

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

Membership is free.

Opening hours

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

**The Library will be closed
for the Holidays from
December 23rd to January
5th inclusively.**

FREE AT THE LIBRARY!

Muséo Pass:
borrowing a
museum is as
easy as
borrowing a book!



Free admission to the Museum of Civilization? Borrow a Muséo pass at the Library! Each pass gives free admission to 2 adults and 2 children. Passes to 11 other museums may be checked out for 7 days and can be used from October to May.



Read your favorite magazines
free of charge thanks to
RBdigital!

RBdigital offers many popular
magazines ready for free download
24/7. For details visit the Library or go
to mabibliotheque.ca/st-gabriel.

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

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

- Whole grain rice, couscous, oats, pasta
- Breakfast cereal rich in fiber and dried fruit or dark chocolate
- Cookies
- Muffin mix bran/oat
- Whole wheat flour
- Whole grain crackers or rusks
- Dried fruit snacks
- Dried fruit (dates, raisins, cranberries, figs)
- Pure fruit juice no added sugar
- Tomato sauce and paste
- Artichoke/Hearts of palm
- Olives and pickles
- Canned vegetable soups
- Pudding (Boxed or off the shelf)
- Soy beverages and puddings (off the shelf)
- Powdered milk, evaporated, or Tetra Pac
- Canned tuna, salmon, sardines, shrimp
- Legumes or canned baked beans
- Peanut/almond butter
- Nuts and seeds
- Olive/avocado/canola oils
- Wine/balsamic vinegar
- Tea/coffee
- Toilet paper, paper towels
- Toothbrush/toothpaste
- Deodorant
- Soap: Body wash/laundry detergent/dishwashing liquid



If you would like to contribute in any way (donations of money, time, material, services), we invite you to contact Pamala Hogan Laberge 418 844-2097.

Please note that cash donations may be sent by cheque made out to: Fondation Roger Lamont before December 18th for the Christmas hampers. A receipt will be sent for donations over \$20.00.

MUNICIPAL SNOW REMOVAL POLICY

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

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

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



SNOW REMOVAL

The following telephone numbers can be of use if you have any questions or comments pertaining to snow removal on regional roads:

Ministry of Transportation (MTQ) : 5-1-1

Boulevard Valcartier: from no 1600 to 1860

5th Avenue: up to the Tewkesbury limit

For all other roads within the Municipality:

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

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

Info-Social 8-1-1 is a confidential telephone consultation service which offers English services. This service is offered 24 hours a day, 365 days a year by social workers. You can telephone for yourself or for a loved one, whatever your age.

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

CHRISTMAS COCKTAIL

A popular and well-attended event, the Christmas cocktail for employees and volunteers offered by the municipal council was held at the Municipality's Community Center on December 5th. During the evening the Mayor and municipal council thanked the municipal employees and above all, the many volunteers who proudly work together throughout the year to enhance the services of our beautiful Municipality so that it truly reflects the image of its citizens. Thank you dear volunteers, you are our most precious resource!

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

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



POSITIONING OF ROLLING BINS

The positioning of rolling bins on the day of garbage /recycling collection often poses a problem for snow removal contractors affecting their ability to properly carry out their task.

Here are a few recommendations that should help facilitate garbage and recycling collection:

* We remind you that bins should be placed in your driveway, not on the shoulder of the road and

should be at a distance of 1 meter from the public road.

- * Leave a distance of 2 feet (0,6 meters) between bins and any other objects (mailboxes, trees, winter shelters, fences, markers for snow removal) to facilitate the use of the truck's mechanical arm.
- * You can place your bins at the end of your driveway the night before collection or before 7:00 a.m. the morning of.



- * Never place any materials on bin covers.
 - * Bin wheels and handles should be facing the residence. You must put away your bins once the collection has been completed.
- Thank you for your cooperation!

CIVIL SECURITY—DISASTER PREPAREDNESS



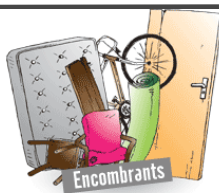
You are the first person responsible for your own safety!

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

What you can do?

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

BULK HOUSEHOLD WASTE COLLECTION



The collection of bulk household waste service is offered so that residents can rid themselves of objects not accepted in the regular garbage and recycling services. As of December, 2019, the collection will be offered **every Friday** for a **maximum of 4 times per year per household** and we will not pick up ANY construction or renovation materials.

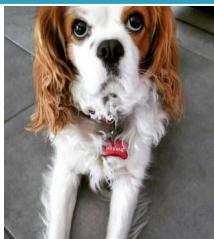
We remind you that you must call **418 844-1218** to schedule this service or register on-line on the Municipality's website, under the «On-line request» section. To reach the Stoneham Ecocenter: 418-848-3134.

DOG LICENSES

A LITTLE REMINDER

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

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



CHRISTMAS TREE COLLECTION

During the week of **January 6th**, the Municipality will offer a special pick up of natural and artificial Christmas trees. There is no need to sign up for this service but you must put your tree at the roadside for **January 6th**, at the latest.

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

PUBLIC NOTICE

Deposit of the valuation roll for the 2020 fiscal year

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

THAT the three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier will be in effect for its second financial exercise in 2020. That the assessment roll was deposited at the municipal office on August 23rd, 2019, and that all those interested may consult the roll at the municipal office situated at 1743 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday from 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.;

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

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

- Be deposited during the fiscal period in which an event justifying a modification to the roll by virtue of the law, or during the following period;
- Be deposited at the following address or be sent by registered mail to:
MRC de la Jacques-Cartier
60, St. Patrick
Shannon (Quebec) G3S 1P8
Telephone: 418-844-2160
- Be filled out on the prescribed form available at the above address and at the municipal offices;
- Be accompanied by the amount of money determined by By-Law 6-1997 of the MRC de la Jacques-Cartier and applicable to the unit of assessment requested.

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 2nd DAY OF DECEMBER 2019.

For more information, contact the municipal office 418 844-1218.

Joan Sheehan, Director General/Secretary-Treasurer

A WORD FROM OUR RETIRING DIRECTOR GENERAL, JOAN SHEEHAN

It is with a great sense of accomplishment and pride that I retire from my duties as Director General and Secretary-Treasurer. I am happy to have been able to contribute professionally and personally to my Municipality and to the service of its citizens for the past 40 years. Now, it is a new beginning for me, a new path, the time commonly known as «retirement».

Thank you to the past and present members of Council for your confidence and regard as well as your invaluable input. I appreciate your time and everything that you have done openly and behind the scenes to keep this Municipality running smoothly and such a great place to live.

To our mayor: Brent and I have been a team for more than 31 years now. I want to thank you Brent, from the bottom of my heart, for believing in me over all these years. You are renowned for your decision making and respected for your impeccable reasoning skills, the role you played during our work life together is invaluable. Thank you for caring and supporting me whole heartedly. I am grateful for all your help, your wise advice, your guidance and your encouragement especially when taking on the daunting task of new projects. I am forever grateful for the enormous collection of shared experiences.

I want to pay tribute to my colleagues of today as well as over the past 40 years for their support, friendship and exemplars of what it is to serve faithfully and with humility. Know that everyone of you without exception has inspired me in one way or another. Mere words cannot appropriately express my profound gratitude, I thank you all for your continued support and respect.

To all municipal employees, know that I have appreciated all of you and I thank you for the support you have always offered me.

To all our volunteers associated with the Fire Department, Sports, Recreation, Culture and Community Life Department, Historical Committee, Urban Consulting Committee, Community Housing, Golden Age Club, and many more, we have all worked proudly together to build a community that truly reflects the image of those who are the heart of our Municipality, our citizens. Thank you for putting words into action by being actively involved in your community to the service of its citizens. I am confident that you will live up to the many challenges ahead.

In conclusion, I would like to wish a long career full of wonderful experiences and success to my colleague Heidi.

I am certain that you will shine in your new duties as Director General and will make our Municipality shine 'In the Heart of Nature'. With your professionalism, your skills, your values and your sense of belonging to your community, I have no doubt that the Municipality is in good hands. Thank you Heidi!

Thank you to all for your trust in me throughout all my career.



A WORD FROM OUR NEW DIRECTOR GENERAL, HEIDI LAFRANCE

It is with great enthusiasm that I will take over the general management of the Municipality on January 1st, 2020. Our community is dear to my heart and it is a real pleasure for me to ensure the execution of the Municipal Council's decisions, prioritizing the well-being of our citizens. As part of a dynamic team, I know that I will be able to rely on experienced people to concretely realize the vision and projects of the Council while working in continuity. I warmly thank Mrs. Sheehan for her support and mentorship and wish her a well-deserved retirement.

I would like to thank the members of Council for their confidence in me and all my colleagues for their warm welcome and collaboration. Sincerely, Heidi Lafrance

SPORTS AND RECREATION - 2019 WINTER PROGRAM

Registration period: January 6 to 10

INFORMATION Pamala Hogan Laberge

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

ON-LINE REGISTRATION AND PAYMENT

Activities offered by the Sports and Recreation Department of the Municipality, must now be done through our Amilia platform, you must create a user account by visiting www.amilia.com/en/Signup. During your first connection, you will receive an **activation email**. Click on the link contained in this email to activate your account. Afterwards you will need to choose a password. Once your account has been created, go to www.amilia.com/en by clicking on LOGIN. Enter your email and password and you will be redirected to your new user account.

To register for an activity, you will have to find our On-line Boutique on Amilia, by clicking on 'Find an organization'. Once you have found Municipalité de Saint-Gabriel-de-Valcartier in the list, click on the name and you will automatically be redirected to our On-line Boutique.

KNITTING GROUP

WHEN: Tuesdays 1 to 3 pm
COST: free
DURATION: beginning January 14th
WHERE: Municipal Library

INFORMATION : Pamala Hogan Laberge 418 844-2097

Bring your own equipment if you have any, otherwise we will lend you some.



PLAYGROUP

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

WHERE: Community Center
WHEN: Tuesday, Wednesday, Thursday
SCHEDULE: 8 h30 am to 3:30 pm
DURATION: 10 weeks
 January 14 to March 26

COST: 2 days a week: \$350
 3 days a week: \$500



Please note that there will be no Playgroup during March Break (March 3, 4, 5).

HOME ALONE

Youth 11 years of age and older (must be 11 years of age before the end of the course or enrolled in Grade 6) to participate in this course. Contact Pamala Hogan Laberge **418 844-2097**. A course will be offered during March break Register your child on Amilia. Minimum of 12 participants.



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

418-476-1053

Clientele: 14 years and over

Schedule: Monday-Thursday 6 am to 9 pm
 Friday 6 am to 7 pm
 Saturday 8 am to 4 pm

Where: Complex 1754 (1754 Blvd Valcartier)

PRICE LIST

1 month: \$30/person or \$40/family*
 3 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 aged 14 to 25

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

50% rebate (does not apply to session cards)

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

(under memberships)



CPR COURSE

(Cardio-pulmonary resuscitation)

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



NEW PROJECTS

INTERGENERATIONAL PROJECT

We need elderly or retired people! This project will include 3 components that will take place from January to April 2020 for all.

1st component: Birdhouse manufacturing workshop (January-February)

2nd component: Family Birdhouse Painting Workshop (March)

3rd component: Installation of birdhouses on the walking trail behind the Community Center. (April)

Free activity for everyone.
Registration with Pamala Laberge
plaberge@munsgdv.ca or
418-844-2097.



LOOKING FOR TRAVEL PHOTOGRAPHS

This project is for the travelers in our community. Do you like to go on adventure and document your travels with beautiful photos? The Municipality would like to offer a platform to citizens wishing to exhibit and even host travel workshops. Finally, for enthusiasts, this platform would also be an opportunity for exchanges and ideas on future trips... Please let us know if you are interested plaberge @munsgdv or 418 844-2097.

BON VOYAGE!



VISUAL ARTS INITIATION FOR YOUNGSTERS 6 TO 10 YEARS OLD

Introductory course in visual arts to entertain and stimulate young people, cultivate their curiosity, raise their awareness to art, from conception to realization, offering them participatory and creative experiences.

Where: Community Centre

When: Saturday mornings

Time: 10 to 11:30 am

Duration: 10 weeks from January 12 to March 15

Cost: \$50 registration on Amilia

Groups: maximum of 15 participants with 2 animators

Syllabus: Knowledge of colors, light sensor, inspiration, sculpture, pastels, watercolor, mixed media, collage and paper mache. All material is provided.



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.

Where: Sports Complex(1745 Blvd Valcartier)

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

OR FOLLOW US ON FACEBOOK!

 Studio Dépendanse



The producers of the Saint-Gabriel-de-Valcartier public market unite to wish the whole population a very Merry Christmas Thank you to all our customers for your support during the 2019 summer season. We will be back during the summer of 2020 with new products.





WHEN: Wednesdays from 7:15 to 8:15 pm
COST: \$120/12 weeks or \$60 / 7 to 14 years old
DURATION: as of January 22nd
WHERE: Sports Complex sportif (1745 Boulevard Valcartier)
INFORMATION: Laury Fortin lauryfortin1@gmail.com

HIT TRAINING

Did you know that 30 short minutes of activity a day represents only 2% of your time?

That's what we offer with our new high intensity group interval training workouts in circuit or Tabata, highly effective for muscle building and improving your anaerobic capacity. As a bonus, you will increase your basal metabolism for the next 24 hours, which means an extra calorific expenditure at rest !!!

What are you waiting for to try it?

Clientele: People without health problems who wish to maximize their training time

When: Tuesdays at 6:30 pm

Where: Complex 1754

Duration: 30 to 45 minutes
(according to progression and intensity)

Cost: Free for Physik Center members*

Non-members: \$5 per session*

*Registration through Amilia in the
« sporadic » section of the Physik Center



AIKIBUDO (self defense)

(men and women aged 16 and over)

AIKIBUDO is a traditional Japanese martial art where there is no competition. The action is focused on self-defense. It is an effective and precise art based on the protections, the immobilizations and the control of the articulations. His practice develops self-control and respect for others. Kobudo (weapons handling) is practiced as an educational discipline.

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

COST: \$40

DURATION: 10 weeks as of January 15th

WHERE: Community Center

INFORMATION :

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



TAI CHI

ADOPT TAI CHI CHUAN AND QIGONG FOR YOUR HEALTH!

WE'LL BE BACK IN MARCH 2020!

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



**DID YOU KNOW THAT...YOU CAN RECYCLE
YOUR USED BATTERIES AND CELL PHONES AT
THE MUNICIPAL LIBRARY ANYTIME DURING
THE YEAR?**

MARIE-ÈVE ROCHETTE HEALTH TRAINING

Mommy and me training (0-2 years old)

Fun and healthy postpartum workout with baby.

WHEN: Fridays 9 to 10 am
(free trial on January 17th)

COST: \$50 /12 classes
or \$10 /class as of January 17th

WHERE: Community Center

50 YEARS + TRAINING

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

WHEN : Tuesday 10:30 to 11:30 am
(free trial January 14th)

COST : \$50/12 classes or \$10/class
as of January 14th

WHERE: Community Center

Equipment required: sneakers, water,
towel

INFORMATION :

Marie-Ève
Rochette,
Kinesiologist |
581 995-5580



PLAN SPORTS ET LOISIRS (PSL)

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

www.facebook.com/LOISIRSVALCARTIER



DID YOU KNOW?

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

PAINTING FOR PLEASURE

WHEN: every Wednesday at 9 am and every other Tuesday night at 7 pm

COST: Free

DURATION: as of January 14th

WHERE: Complex 1754

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



Contact me to find out what to bring!

BADMINTON

Free and informal games

WHEN: Friday nights at 8 pm

WHERE: Mont Saint-Sacrement
High school

Person responsible:

Samuel.Montminy@hotmail.com

BRING YOUR EQUIPMENT



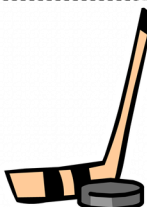
FAMILY SKATE NIGHT

Decorate your helmet or put on a funny hat for this family activity to be held on Wednesday, **February 12th** starting at **6 pm** at the municipal skating rink. There will be hot chocolate and cookies and many door prizes to be won. This activity will be postponed to February 19th in case of bad weather.



HOCKEY

Those interested in playing hockey should come to the skating rink on **Wednesday** nights as of **January 8th** from **6 to 7 p.m.** for children under 10 years old (must be able to skate), from 7:15 to 8:15 p.m. for children 10 years and older and from 8:30 to 10 p.m. for adults. Minimum equipment required (gloves, helmet). Parents are welcome to participate.



SKATING RINKS AND TRAIL

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

OFFICIAL OPENING AS SOON AS WEATHER ALLOWS IT

7 days a week: 12 to 10 pm

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

December 24th and 31st: closed at 4 pm

December 25th and January 1st: closed all day

Please note that certain skating surfaces can be reserved by schools or other organizations during weekdays.

(For reservations, please call Pamala Hogan Laberge)

REGULATIONS:

According to the RSSQ (*Régie de la sécurité des sports au Québec*) and approved by the Provincial government, hockey players are obligated to wear the following safety equipment:

- A helmet, full-face guard and neck guard

We strongly recommend the wearing of helmets for everyone, especially for children.

It is strictly forbidden to:

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

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

**MONDAY TO THURSDAY
SKATE SHARPENING SERVICE \$5**

PIANO CLASSES

WHEN: Monday to Thursday

45 minute sessions

3:30 to 6 pm

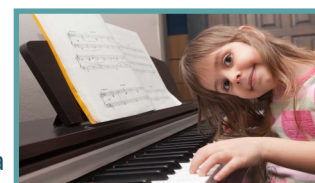
WHERE: Community Center

Information : Kathryn Seppala

seppala.kathy86@gmail.com

418-404-0535

Possibility of offering a different schedule.



TAEKWON-DO

2020 Winter session **January 14th to March 19th**

****\$10 rebate for registrations received before January 7th, 2020**

**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).

REGISTRATIONS FROM THE AGE OF 7



Belt	Day	Time	Cost
Beginner to Red II	Tuesday & Thursday	6:15 - 7:30 pm	\$110
Black	Tuesday & Thursday	6:45 - 9:00 pm	\$110

HATHA YOGA

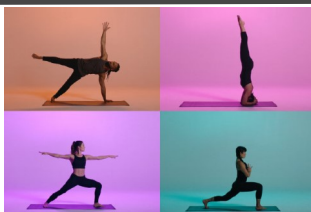
Take care of your body, it's the only place you can live...

2020 winter session beginning January 14th

WHEN: Thursday 9:30 to 10:45 am
WHERE: 1494, 5th Avenue
WHEN: Tuesdays from 7:30 to 8:45 pm
WHERE: Sports Complex (1745 Blvd Valcartier)
COST: \$120 or \$220 (2X/week)
DURATION: 10 weeks as of January 14th
INFORMATION | REGISTRATION:

418 844-3916 or parent_marylin@hotmail.com

NAMASTÉ

**PICKLEBALL**

(Men and women)

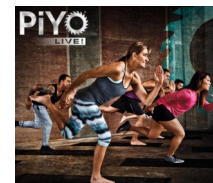
WHEN: Monday & Wednesday at 7 pm
COST: Free
DURATION: weekly as of January 13
WHERE: Mont Saint-Sacrement
INFORMATION: Pamala Hogan
 Laberge 418 844-2097 or
 plaberge@munsgdv.ca

**INTERMEDIATE SPANISH**

TEACHER: Lisandra Alonso Roche
WHEN: Thursday 7 - 8:30 pm as of January 16th
COST: \$75 (8 weeks)
WHERE: Community Centre
REGISTRATION: Minimum of 8 participants required

**PIYO**

WHEN: Wednesdays at 6:30 pm
COST: \$110
DURATION: 10 weeks starting January 22nd
WHERE: COMPLEX 1754
REGISTRATION: On-site at first class
INFORMATION: Manon Brassard
 418-929-9561 or
 homefitmanon@gmail.com



****Minimum of 10 participants required**

Galette des Rois

Come celebrate the Epiphany by making a cake of Kings!

Will you be the pastry King or Queen?

When? Thursday, January 9th, 2020, 7 to 9 pm.

Where? Community Centre (1743 Blvd Valcartier).

Cost: \$15 per person (ingredients supplied)
 Places are limited!

For information: Aurélie Wolsdorfer
 (orphelie25@gmail.com).

Registration on Amilia

**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 as of January 13th.

INFORMATION: Pamala Hogan Laberge 418-844-1218





JEUNES DE COEUR RECHERCHÉS

Plusieurs postes saisonniers
à combler

salaire pouvant
aller jusqu'à
16\$
/h

UNE FOULE D'AVANTAGES

Abonnement de saison extérieur • Billets invités

Rabais en restauration et en boutiques

Rabais sur l'essence • Service de navette gratuit

Rendez-vous dans la section emploi au www.valcartier.com
ou contactez-nous par texto au 418 933-1415

EXPERIENCED WORKERS: WELCOME!

We often hear retirees saying that they would like to keep a part-time job to fill their days and round off their end of the month.

We also hear about companies that are struggling more and more to find quality staff in sufficient quantity to meet all their needs.

Did you know that...

Did you know that it is now more beneficial for experienced workers to continue working or even go back to work?

Older workers can now benefit from a job retention tax credit as early as age 60.

The ceiling for excess work income eligible for a tax credit is \$ 10,000 for workers aged 60 to 64 and \$ 11,000 for those aged 65 and over. This government measure is designed to allow workers aged 60 and over to keep a little more in their pockets, while remaining active in their community.

There are also income splitting measures between spouses that allow you to keep a little more money than you earn by working full-time or part-time. Ask your financial advisor or accountant if these measures are for you.

Many businesses in our community offer seasonal or year-round jobs for experienced workers.

Take advantage of these new tax benefits offered by the Governments of Quebec and Canada and stay active!

2019 CHRISTMAS CARD CONTEST

On Thursday, November 14th, surrounded by finalists, their families and elected officials, the prefect of the MRC of La Jacques-Cartier, Mr. Michel Beaulieu, announced the winners of the 19th edition of the Regional Christmas Card Contest during a reception at the Saint-Gabriel-de-Valcartier Community Center.

The laureates revealed

Among the forty or so artists whose work has been selected among the finalists, it is Lac-Beauport's initiated artist, Léonie Côté, who saw her painting chosen to represent the Christmas card that the MRC de La Jacques-Cartier sends to all its partners and collaborators. Her work "The Snow Reindeer" appealed to the members of the selection committee.

"Art of all styles is sent to us during this contest. To see a current and contemporary work winning the highest honors testifies to the diversity of the works received and the extent of the talent of local artists", rejoiced the prefect of the MRC of La Jacques-Cartier and Mayor of Lac-Beauport, Mr. Michel Beaulieu.

The youth of Sainte-Catherine-de-la-Jacques-Cartier particularly distinguished themselves in this 19th edition of the competition Regional Christmas card. Indeed, the young student of the School of Explorers, Jeanne Casault Lévesque stood out with his work "Le pôle nord" in the 5-7 years Apprentices category. Junior artist Laurie St-Jean shone with her work "Les lutins ne suffisent plus." Finally, the young Melika Hamel has distinguished herself in the 12-16 years Young Talents category with her watercolor entitled "Le Noël enfantin".

Two Shannon artists also stood out at the event. Isack Langlois took the honors in the Budding Artists 8-9 category with his acrylic on canvas "Renne de Noël", while the group Les Cornichons of the Alexander-Wolff School Care Service charmed the jury with their "Promenade en marinade". The recreational artist from Sainte-Brigitte-de-Laval, Maryline Bombardier, for her part, dazzled the selection committee

with her work "Le secret de la fabrication des cannes de Noël".

The Coup de cœur prize voted by the public La Jacques-Cartier was awarded to young Clarence Laplante.

A contest which is still very popular

Even after 19 years of existence, the popularity of the contest continues unabated, that again this year, over a hundred works have been received. "I want to thank the 126 participants and their families for their time and interest in the contest. To see such remarkable participation year after year is a testament to the importance and commitment of citizens to the contest. Congratulations to the winners and finalists," concluded Mr. Beaulieu.



Identification of 2019 Laureates, left to right:

1st row: Mélika Hamel, a few students from the group Les Cornichons du service de garde de l'école Alexander-Wolff, Isack Langlois, Clarence Laplante, Laurie St-Jean, Jeanne Casault-Lévesque, Léonie Côté

2nd row: Mr. Brent Montgomery, Mayor of Saint-Gabriel-de-Valcartier, Mr. Claude Lebel, Mayor of Stoneham-et-Tewkesbury, Mr. Michel Beaulieu, prefect of the MRC de La Jacques-Cartier and Mayor of Lac-Beauport, Mr. Carl Thomassin, Mayor of Sainte-Brigitte-de-Laval, Mr. Mike-James Noonan, Mayor of Shannon, Mrs. Marilynne Bombardier.

COMITÉ HISTORIQUE

Thanks to all who made our Fall Trip a grand success. We will be planning another for the coming year. Any ideas? Thanks also, to those who responded to our request for old letters. Unfortunately, we had to postpone the production « Letters From Long Ago » until next spring. We are still looking for letters, especially in French. They do not have to be necessarily about Valcartier and do not need to be ancient. Do you have letters written home from war? Letters of wisdom or fancy from parent to child? If you think you have something that might be of interest, please contact us through the Municipality at 418-844-1218. Look for dates and details in the spring issue.



MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER



*Together,
in the Heart of
Nature*

SAINT - GABRIEL
- DE -
VALCARTIER

1743 Blvd. Valcartier
Saint-Gabriel-de-Valcartier
(Québec) G0A 4S0

Telephone: 418 844-1218

Fax: 418 844-3030

E-mail: admin@munsgdv.ca

WEBSITE

**www.saint-gabriel-
de-valcartier.ca**

CHURCH SERVICES

ST. GABRIEL CATHOLIC CHURCH:

every Sunday at 9:00 am

DECEMBER 24TH AT 8 PM: CHRISTMAS CEREMONY

January 1st at 9:00 am

ANGLICAN CHRIST CHURCH:

December 1st and 15th at 9:00 am

December 24th at 3:00 pm - Ecumenical
Ceremony



ST-ANDREWS UNITED CHURCH: December 8th at 9:00 am

ST-ANDREWS PRESBYTERIAN CHURCH: December 1st at 9:00 am
December 15th at 7 pm - candlelit ceremony

ECUMENICAL CHRISTMAS SERVICE

THE PARISHIONERS OF THE ANGLICAN CHRIST CHURCH WOULD LIKE TO INVITE ONE AND ALL
TO THE TRADITIONAL CHRISTMAS ECUMENICAL SERVICE TO BE CELEBRATED ON **SUNDAY,**
DECEMBER 24TH AT 3 PM AT 1823 BOULEVARD VALCARTIER. ALL ARE WELCOME!



DATES TO REMEMBER

DECEMBER

Until Dec. 18 - Donations accepted for Christmas
hampers

1 - Deadline to install winter tires

6, 13, 20 - Bulk household waste collection

13 - Christmas story time at the municipal Library

15 - Christmas Tree Lighting Activities

24-25 - Physik Centre CLOSED

23-5 - Library closed

24 - 2 Municipal offices closed

24- 3 pm: Ecumenical Christmas Service at the
Anglican Christ Church

JANUARY

(Dog license renewal month)

31-1 - Physik Centre CLOSED

6 to 10 - Sports and Recreation registration period

Week of the 6 - Christmas tree pickup

8 - Beginning of outdoor hockey, Aikibudo

9 - Galette des Rois cooking class

10, 17, 24, 31 - Bulk household waste collection

12 - Visual arts initiation for youngsters

13 - Beginning of Pickleball and Hip-hop

14 - Beginning of Playgroup, Taekwon-Do, painting group,
knitting group and Hatha Yoga winter sessions

16 - Beginning of Intermediate Spanish

17 - Beginning of Mommy and Me training and 50+
training

22 - Beginning of Piyo and Zumba

FEBRUARY

7 - Valentine story time at the Library

7, 14 21, 28 - Bulk household waste collection

11 - Beginning of Tai Chi

12 - Winter family skate ball

Publication-next Indispensable News Bulletin