

VOL. 13, Issue 4 ■ SEPTEMBER to end of NOVEMBER 2020

# THE INDISPENSABLE



Together in the  of NATURE



SAINT - GABRIEL  
- DE -  
VALCARTIER

**YOUR COMMUNITY INFORMATION BULLETIN  
GETS A NEW LOOK!**



**MUNICIPAL LIFE**

P. 2



**CIVIC LIFE**

P. 3-5



**PRACTICAL INFORMATION**

P. 10



**RECREATION**

P. 6-9



**COMMUNITY LIFE**

P. 6

**The municipal offices will be closed on Monday, September 7 and October 12.**

## MUNICIPAL LIFE



## Message from the Mayor



**"Special thanks to Pamala Hogan-Laberge and her group of dedicated monitors for a job well done!"**

2020 will almost certainly go down in history as the year our day to day living was changed perhaps forever. No one knows how long this pandemic will last or when an effective vaccine will be available. I guess the best we can do is to wear masks in public, wash our hands often and practice social distancing as much as possible. The Capitale-Nationale region has done a great job limiting the number of cases so far. Keep up the good work and better days will surely be soon ahead !

In spite of the pandemic, many municipal projects are moving along quite well. Our main project, the re-positioning of the skating rink should be completed by the end of September. More parking spaces will be available and hopefully we can proceed with the second phase of construction in the coming year. Other notable works this summer included stabilization of the river banks on Redmond Road, new culverts on Rue Caroline and repairs to Clark's Bridge.

Our summer playground was a great success this year with all the changing COVID-19 guidelines to adhere to. Special thanks to Pamala Hogan-Laberge and her group of dedicated monitors for a job well done! I would also like to mention that Yves Chantal, long-time employee of the Municipality (37 years), will be taking a well-deserved retirement in October. Best of luck in your future plans and thank you for your loyal service !



## EVERYTHING WILL BE OK!

This COVID-19 crisis period has once again allowed us to realize how good it is to live in our little corner of the country! The municipal council is extremely proud to have been witness to so many acts of kindness by our citizens. Among others, we would like to highlight the following:

- Video produced by Isabelle Leblanc of residences from the Municipality displaying rainbows in their windows .
- Saint-Brigid's Day Center, advice and care for senior citizen's by Lucie Lachance.
- COVID-19 Facebook Page created for those in the community needing help or supplies (errands, groceries, wellness checkups).
- Dance, Zumba, Piyo teachers offering free on-line courses.
- Taekwon-do, Steeve Tremblay offered on-line courses so that students could progress and eventually pass their belts.
- Promutuel Insurance sent an amount of \$520 from their volunteer Pro-Action committee to replenish our food bank.
- Les parents de Saint-Gabriel-de-Valcartier Facebook page, organized restaurant deliveries within the community from restaurants not usually offering delivery service. Thank you to Pizzeria Paquet and Sushi Nicky!
- We've received several donations of food, arts and crafts, care packages etc. for our food bank.
- Several volunteers gve of their time to pickup or deliver groceries, gave daily wellness check-ins or calls for those more vulnerable contributing to community aid.
- Thank you to our municipal employees for providing essential services to our citizens. We appreciate your devotion.
- Finally, we received several reports of acts of good deeds and mutual aid amongst neighbors. Well done and thank you to all those who made a difference!



## CIVIC LIFE

### Roadside rights-of-way

#### Access to a property

As part of each private entrance is located within the road right-of-way, any construction of a new access or modification of an existing access requires prior authorization from the Ministry of Transport (article 23 of the Roads Act) in order for it to be planned out in conformity to minimal safety criteria. This authorization must be obtained before the building permit. The installation of new mailboxes in the road right-of-way is also subject to the same authorization. In addition, each owner is responsible for maintaining their access, as well as for the portion of the Ministry's right-of-way. This maintenance includes, among other things, cleaning the culvert and its extremities to ensure effective drainage of road ditches.

### COVID-19—Modification of payment due dates for municipal land taxes

Given the exceptional situation we are going through, caused by COVID-19, the Municipal Council decided to modify the due dates for municipal tax payments. Therefore, the 2nd and 3rd due dates for land taxes have been postponed to the following dates:

**2nd installment:** September 1

**3rd installment (last):** November 1

### Civic number changes on Boulevard Valcartier

All residences located on Boulevard Valcartier will have their civic numbers changed as of October 19, 2020. This situation which is beyond our control, is intended to increase the safety of residents and to facilitate the work of first responders, ambulance attendants and firefighters. A change of address kit was sent to each address in July. Please do not hesitate to contact us at 418 844-1218 with any questions.

## FIRE SAFETY SERVICE

### Fires in soil and plants

Since the coming into force of the restrictions in public places, there has been an increasing trend in fires as a result of smokers disposing articles that have been carelessly thrown into containers intended for plants or in areas of vegetation. Unfortunately, a significant loss of material is due to these types of fires.



 **Most materials found in flower beds, flower pots, flower boxes, etc. are combustible.**

In fact, the soils on the market are often enriched with chemical fertilizers or other combustible substances which constitute a potential fire source.

Periods of intense heat and drought in the summer greatly increase the risk of fire as the dry soil and vegetation are more likely to ignite on contact with a heat source.

So, when you dispose of a smoker's article improperly or in an inappropriate place, smoldering fire could, at any time, cause a fire and spread to buildings.



### Did you know?

A cigarette butt can **burn** for more than **3 hours** and a flame could likely appear during this time.

#### Dispose of cigarette butts carefully

- ◇ In order to avoid any risk of fire linked to improper disposal of a smoker's article, extinguish the butts in an ashtray designed for this purpose, namely a non-combustible container filled with sand, water, etc.
- ◇ Place ashtrays away from any flammable object or surface.
- ◇ Before emptying an ashtray, make sure that all butts are well extinguished by pouring a little water into it.
- ◇ Never throw cigarettes or matches directly into the trash.
- ◇ When travelling, avoid throwing your cigarette butts on the ground.





## CIVIC LIFE

## URBANISM BY-LAWS

## Branches obstructing the road

It is forbidden for any person to allow the branches of a tree, a shrub or a hedge to encroach above a street so that the clearance between the road and the branches is less than six meters (6 m).



## Dogs weighing more than 44 lbs

A new provincial regulation came into force last March (*Regulation implementing the Act to promote the protection of persons by setting up a framework for dogs*). All dogs 20 kg (44 lbs) and over must wear a halter or harness at all times when in public.

In addition, the leash cannot exceed a

maximum of 1.85 meters.

It should also be noted that veterinarians and doctors have an obligation to report dog bites to municipalities without delay. They must provide information about the animal, its owner and the victim.



## Compulsory secondary or tertiary type septic system verification

Provincial regulation Q-2, R22

We would like to remind you that any secondary, advanced secondary or tertiary type septic system must be contracted at all times with the manufacturer of the system, its representative or a qualified third party with the stipulation that a minimum annual maintenance of the system will be carried out.

The owner must file a copy of the contract with the Municipality as well as a copy of the inspection report before December 31 of each year. Penalties of \$ 1000 can be given to the offender.

## Stray cats and dogs

We would like to remind you that all dogs and cats must be kept on a leash or in an enclosure inside your property. An animal outside its property could be recovered by the SPA, custody fees would apply and fines would be given.

## PUBLIC WORKS

## 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 2**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.



At certain times of the year, the Municipality has wood chips to distribute. If you wish to receive some, make a request by calling 418 844-1218.



## CIVIC LIFE

### Non-household waste pickup (bulk waste)

The Municipality will collect bulk waste on a **weekly** basis. This service functions on a call-in basis only, **please do not deposit non-household waste in front of large refuse containers or community mailboxes.** You must call **418 844-1218** to schedule this service or register on-line on the Municipality's Website, under the «On-line request» section. When you call, please be ready to give us an itemized list of materials to be collected.

**Note that this service is offered a**

**maximum of 4 times per year, per residence.**

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

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

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

For renovation materials, you may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage. Major renovation materials should be disposed at the Stoneham Ecocentre 418 848-3134.

Thank you for your collaboration!



### HHW Collection (Hazardous Household Waste)

The Municipality will offer a Hazardous Household Waste recycling depot, free of charge, on **Sunday, SEPTEMBER 20 from 9 am to 3 pm** 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  | ORGANIC HAZARDOUS HOUSEHOLD WASTE   |
|---|---|
| <p>Paints:</p> <ul style="list-style-type: none"><li>• sold by retail businesses (100 ml containers and larger)</li><li>• sold by wholesale businesses (170 L containers and larger intended for architectural use)</li><li>• primers and paints (latex, alkyd, enamel and other)</li><li>• metal or anti-rust paint</li><li>• aluminum paint</li><li>• dyes</li><li>• varnishes</li><li>• lacquers</li><li>• products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)</li><li>• signalisation paints (those available in retail businesses)</li></ul> <p>Aerosol paints</p> | <p>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.</p> <p><b>INORGANIC HAZARDOUS HOUSEHOLD WASTE</b></p> <p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact light bulbs (CFL)</p> |

*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 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 clean and healthy environment!

## COMMUNITY LIFE



## A PEEK AT THE PAST

## Bridges of Saint-Gabriel-de-Valcartier

Clark's Bridge, also sometimes called, the "Steel Bridge", was built in 1891 and restored in 2001. Before this bridge was built, there was a wooden bridge in use around the 1870s. Remnants of its support structure are still visible when the water level is low. Before that, there was a small ferry, or "scow", to enable settlers to cross the river near this location. It is interesting to note that Redmond Road did not connect to Clark's Bridge until 1896. The "Cement Bridge" was built in 1975 after the wooden covered bridge was destroyed by fire in 1972. Before the construction of the covered bridge, boats were used for the crossing, or, in winter, one could simply cross on the ice.

## Did you know that...

The covered bridge cost \$8,500 to build in 1931. On November 2, 1931, the municipal council voted a mention to put up a sign on the bridge with the name of Ephram Bédard, who was then County Deputy. Redmond Bridge was painted red for about 20 years and was then painted grey. It measured 208 feet long.



## HISTORICAL COMMITTEE

Regular office hours for the Historical Committee have been temporarily suspended due to the COVID-19 pandemic. If you would like to be added to our mailing list, please send an Email to [valcartier1816@munsgdv.ca](mailto:valcartier1816@munsgdv.ca). You can also reach us on Facebook or by leaving a message at the Municipality 418 844-1218.

## RECREATION



## GYM

Age group: 14 years and +

Schedule:

Monday to Thursday 5:30 am to 9 pm

Friday 5:30 am to 7 pm

Saturday 8 am to 4 pm

PRICE LIST

1 month: \$30/pers. or \$40/family\*

3 months: \$60/pers. or \$80/family\*

6 months: \$110/pers. or \$140/family\*

1 year : \$200/pers. or \$260/family\*

\*Family: 2 adults and children (students 14 to 25 years old)

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

50% rebate (except card and session prices)

1 session: \$5/person

Card for 20 sessions: \$60/person

Non resident: \$20 extra

**Person responsible:** Jean-François April

B. Sc Éducation Physique, Entraîneur spécialisé FCPAQ

Tel. : 418-476-1053

COMPLEX 1754, BOUL. VALCARTIER



## MUNICIPAL LIBRARY

Our opening hours are Tuesdays from 2:30 to 8 pm.

Story Hour  
for Halloween

October 23

6:30 to 7:30 pm



Did you know that you can sign up online for remote library services? Visit [www.mabibliotheque.ca/st-gabriel](http://www.mabibliotheque.ca/st-gabriel) and click on the red button « s'abonner ».



## RECREATION

Please note that courses will be held according to the evolution of the pandemic and the recommendations of Public Health. In the event that the course takes place, all preventive measures will be taken to ensure the safety of the participants. The course will be confirmed in due time. REGISTRATION IS DONE THROUGH THE AMILIA PLATFORM ON THE MUNICIPALITY'S WEBSITE, EXCEPT WHERE SPECIFIED IN THE COURSE DESCRIPTION.

### HATHA YOGA

Registration by phone or by Email  
Info.: Marilyn Parent 418 844-3916 ou  
parent\_marylin@hotmail.com



| DATE     | WHEN                      | WHERE            | COST                |
|----------|---------------------------|------------------|---------------------|
| Sept. 15 | Tuesday<br>7:30-8:45 pm   | Complex 1754     | \$120/10 lessons    |
| Sept. 17 | Thursday<br>9:30-10:45 am | 1494, 5th Avenue | or<br>\$220/2x week |

### CHAIR YOGA

Registration by phone or by Email  
Info.: Marilyn Parent 418 844-3916 ou  
parent\_marylin@hotmail.com



| DATE     | WHEN      | WHERE        | COST             |
|----------|-----------|--------------|------------------|
| Sept. 16 | Wednesday | Complex 1754 | \$120/10 lessons |

### ZUMBA

Teacher: Laury Fortin  
Registration before August 25: lauryfortin1@gmail.com  
Minimum 12 registrations for the class to take place.

| DATE    | WHEN                      | WHERE         | COST                                     |
|---------|---------------------------|---------------|--|
| Sept. 9 | Wednesday<br>7:10-8:10 pm | Sports Centre | \$120*/12 lessons<br>\$60/7-14 years old |

\*2020 Fall session promotion

Rebate of \$20 when you invite a friend.  
Promotion valid for adult registrations only.



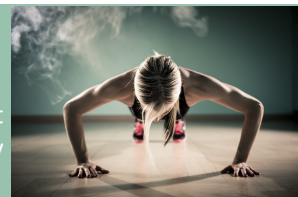
### HIIT TRAINING

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 calorie burning at rest !

Clientele: for healthy people who wish to maximize their training time

\*Registration through **amilia**



| DATE     | WHEN                      | WHERE        | COST  |
|----------|---------------------------|--------------|---|
| Sept. 23 | Wednesday<br>6:30-7:15 pm | Complex 1754 | Free for members<br>\$5/ lesson for non-members |

### FITNESS TRAINING

Info.: Marie-Ève Rochette, Kinesiologist 581 995-5580

Registration through **amilia**

Required equipment: sneakers, water, towel

MOMMY AND ME (0-2 years old)

Fun and healthy post-partum workout with baby.



| DATE      | WHEN              | WHERE            | COST             |
|-----------|-------------------|------------------|------------------|
| Sept. 18. | Friday<br>9-10 am | Community Centre | \$50<br>12 weeks |

#### 50 YEARS + TRAINING

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

| DATE     | WHEN   | WHERE            | COST             |
|----------|--|------------------|------------------|
| Sept. 15 | Tuesday<br>10-11:30 am<br>Friday<br>1:30-2:30 pm | Community Centre | \$50<br>12 weeks |



## RECREATION

## LEGO CLUB - parent/child

by la Génératrice

Registration through **amilia**

LEGO workshops of one hour encourage youngsters to build a work of art starting from a precise theme. Each team parent/child, will be given an identical bin of LEGO pieces and will have 45 minutes to create a masterpiece. At the end of the activity, a favorite work will be chosen by the teams.

Age group: 5 to 11 years old

Maximum 20 participants



| DATE    | WHEN             | WHERE            | COST              |
|---------|------------------|------------------|-------------------|
| Oct. 18 | Sunday<br>1-2 pm | Community Centre | \$60/<br>5 weeks* |

\*No course on October 11

## VISUAL ARTS COURSE

by la Génératrice

Registration through **amilia**

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

Age group: 8 to 11 years old

Maximum 10 participants



| DATE   | WHEN                     | WHERE            | COST                |
|--------|--------------------------|------------------|---------------------|
| Oct. 4 | Sunday<br>11 am-12:30 pm | Community Centre | \$100/<br>10 weeks* |

\*No course on October 11

## CRAFTS CLUB

by la Génératrice

Registration through **amilia**

Age group: 5 to 7 years old

Maximum 10 participants



| DATE   | WHEN                    | WHERE            | COST              |
|--------|-------------------------|------------------|-------------------|
| Oct. 4 | Sunday<br>9:30-10:30 am | Community Centre | \$75<br>10 weeks* |

\*No course on October 11

## PIANO LESSONS

45 minute sessions. Possibility of offering lessons at home.

Info.: Kathryn Seppala

seppala.kathy86@gmail.com



| DATE     | WHEN                               | WHERE            | COST     |
|----------|------------------------------------|------------------|----------|
| Sept. 21 | Monday to<br>Thursday<br>3:30-6 pm | Community Centre | By Email |

## HIP-HOP

Registration: studio.dependanse@gmail.com

Age group: 3 years old and over

Adult's group



| DATE     | WHEN             | WHERE         | COST                                      |
|----------|------------------|---------------|---|
| Sept. 14 | To be determined | Sports Centre | \$115*<br>Rebate of \$5 per family member |

\*Includes general practice and show

## PLAYGROUP

Registration through **amilia**

An environment where children express themselves through stories, crafts, painting, songs, rhymes, relaxation and play. A well-structured program that allows children aged 3 to 5 years to socialize. Places are limited to 10 max. Children must be potty trained.



| DATE     | WHEN                                      | WHERE            | COST                                       |
|----------|---|------------------|--|
| Sept. 15 | Tuesday to<br>Thursday<br>8:30 am-3:30 pm | Community Centre | \$350/2x week<br>\$500/3x week<br>12 weeks |



## RECREATION



## PAINTING FOR PLEASURE

Aspiring artist? Would you like to share your passion and meet other artists? Come join us...Beginners welcome!

Info.: Pamala Hogan Laberge 418 844-2097 or plaberge@munsgvdcv.ca



| DATE     | WHEN                      | WHERE        | COST  |
|----------|---------------------------|--------------|-------|
| Sept. 23 | Wednesday**<br>9 am–12 pm | Complex 1754 | Free* |

\*Bring your own material

\*\*Every 2nd Tuesday night at 6:30 pm

## KNITTING GROUP

Info.: Pamala Hogan Laberge  
418 844-2097

Bring your own equipment.

If you have none, we can lend you some.



| DATE     | WHEN              | WHERE             | COST |
|----------|-------------------|-------------------|------|
| Sept. 22 | Tuesday<br>1–3 pm | Municipal Library | Free |

## QUILTING

## Betty's Quilters

Welcome new members! This activity is for adults. Group projects and projects for beginners are proposed or you can work on your own projects.. The objective is to learn and share our knowledge.



| DATE     | WHEN                    | WHERE            | COST      |
|----------|-------------------------|------------------|-----------|
| Sept. 21 | Monday*<br>9 am-3:30 pm | Community Centre | \$30/year |

\*Information session the first Monday

## AIKIBUDO (self-defense)

A martial art of Japanese origin. 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. Its practice develops self-control and respect for others. Kobudo (weapons handling) is practiced as an educational discipline.

Age group: men and women aged 16 years or over

Info.: Patrick Beaulieu or  
Marie-Christine Larouche 418 574-6835  
or Etienne Patenaude 581 984-4193  
www.aikibudovalcartier.ca



Aikibudo Valcartier @aikibudoValcartier 2007

| DATE     | WHEN                                 | WHERE            | COST             |
|----------|--------------------------------------|------------------|------------------|
| Sept. 21 | Monday and<br>Wednesday<br>7-8:30 pm | Community Centre | \$40<br>10 weeks |

## TAEKWON-DO

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. 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, and integrity).



**BENEFITS:** concentration, confidence en soi, gestion du stress, équilibre, coordination

Due to the current sanitary situation, the course will be adapted according to the evolution in order to respect the Public Health recommendations. There is no contact and it will be asked of students to **wear shoes without studs** leaving no marks on the floor, to bring their own **waterbottle**, and a **mat for yoga** for floor exercises.

Registration: **amilia**  
Age group: 7 years and over

| DATE     | WHEN   | WHERE            | COST               |
|----------|--|------------------|--------------------|
| Sept. 22 | Tuesday and<br>Thursday<br>6:15-7:30 pm<br>6:45-9 pm | Community Centre | \$110*<br>11 weeks |

\*Rebate of \$10 on registrations received before Sept. 15.

## PRACTICAL INFORMATION



### COVID-19 UPDATE

#### COMMUNITY GOLF TOURNAMENT

Due to the COVID-19 pandemic, the Municipality's annual golf tournament must be postponed to another year. We hope to see many of you again in the fall of 2021. It's just postponed, not cancelled!

Sports and Recreation  
Department



#### HALLOWEEN

##### Safety route:

At the time of publication, we have no guidelines yet from Public Health regarding Halloween festivities. Follow the developments on our Facebook pages.

Fire Safety Services and Sports and Recreation Department



#### THANK YOU SOCCER CLUB VOLUNTEERS

*A special thank you to our soccer volunteers this summer. Thanks to you, our children had the chance to play one of their favorite sports and to exercise outdoors. It would not be possible to offer this activity without all of you! THANK YOU!*

### DATES TO REMEMBER

#### SEPTEMBER

- 1 2nd installment due for municipal taxes
- 9 Beginning of Zumba
- 14 Beginning of Studio Dépendance—Hip-Hop
- 15 Beginning of Playgroup, Marie-Ève Rochette fitness training and Hatha-Yoga
- 16 Beginning of Chair Yoga
- 20 HHW Collection
- 21 Beginning of Aikibudo, Quilting and Piano
- 22 Beginning of Taekwon-Do and knitting group
- 23 Beginning of Painting Group and Hiit training

#### OCTOBER

- 1 Winter shelters permitted
- 4 Beginning of Visual arts and Crafts Club
- 18 Beginning of LEGO Club
- 19 Change of civic numbers on Boulevard Valcartier
- 23 Halloween Story Hour at the Library
- 31 Halloween

#### NOVEMBER

- 1 3rd installment due for municipal taxes
  - 2 Special collection for fallen leaves all week
- EARLY DECEMBER -  
NEXT INDISPENSABLE

MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER

##### **Until October 18:**

1743 Boulevard Valcartier  
Saint-Gabriel-de-Valcartier  
(Quebec) G0A 4S0

##### **As of October 19:**

2215 Boulevard Valcartier  
Saint-Gabriel-de-Valcartier  
(Quebec) G0A 4S0

Telephone: 418 844-1218  
Fax: 418 844-3030  
Email: admin@munsgdv.ca

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