

VOL. 14, Issue 4 • SEPTEMBER to end of NOVEMBER 2021

THE INDISPENSABLE



Together, in the  of NATURE



SAINT - GABRIEL
- DE -
VALCARTIER

**WISHING ALL STUDENTS AND TEACHERS A GREAT
START TO THE NEW SCHOOL YEAR!**



Photo credit: Véronique Fillion



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THE MUNICIPAL OFFICES WILL BE CLOSED ON MONDAY, SEPTEMBER 6 AND MONDAY, OCTOBER 11.

MUNICIPAL LIFE



MESSAGE FROM THE MAYOR



I hope everyone is enjoying their summer this far! With the relaxation of many of the COVID-19 restrictions, it feels good to have more interactions with friends and neighbors. Hopefully,

this trend will continue in the coming months!

Many positive comments have been received concerning the erection of the roof for the skating rink. After a slight delay for the start of the construction, works are proceeding nicely and should be completed by the end of September or early October. This new structure will serve the Municipality for many activities throughout the year and is eagerly anticipated by all our residents. This project was made possible through a grant under a

Federal-Provincial infrastructure program (PAFIRS).

Our new Eco-Centre is now fully operational with many visitors. Opening hours are all day Friday and Saturday mornings and is working very smoothly.

A secure walking path linking the United Church parking lot to the Municipal Complex is now open and being used regularly. We have had two police cadets working on the territory again this summer. These cadets are studying to become full-time police officers and their role is to give information to the public regarding various rules and regulations.

We have entered into an agreement with the municipalities of Stoneham and Tewkesbury and Sainte-Catherine de La Jacques-Cartier

for the acquisition, installation, and maintenance of a hydro-metric probe in the Jacques-Cartier National Park. This probe will provide us with real time information regarding possible floods and enable us to provide better security for those living in flood zones.

Our Public Works Department has planted a total of 388 new trees both at the entrance to the Municipality and at the intersection of Boulevard Saint-Sacrement and Redmond Road. Vallée Jeunesse and Arbre Évolution also collaborated on this green project.

Finally, about the upcoming municipal elections this fall, I am pleased to say that all members of the Municipal Council have indicated that they will be candidates for the upcoming mandate. As always, stay safe and enjoy the rest of summer!

MUNICIPAL TAXES

The assessment role and you

This year, the three-year assessment roll for the years 2022-2023-2024 will be deposited at the latest on October 31st, 2021 by the evaluation firm Groupe Altus. Public Notice of this deposit will then be published.

According to the MMAH (Ministry of Municipal Affairs and Housing), here are the most frequently asked questions regarding municipal property assessment as well as their answers.

What is an ASSESSMENT ROLL?

The assessment roll is a resume of the inventory of properties situated on the territory of a local municipality. Its main use consists of indicating, for municipal and school taxation purposes, the value of every property based on its real value.

What is the REAL VALUE?

The real value or market value of a property is its exchange value on the free and open competitive market. In other words, it is the most probable

price that a buyer will accept to pay if the property were for sale.

WHEN does an assessment roll come into effect?

The assessment roll comes into effect on the 1st of January of the first exercise for which it is prepared.

What is the DURATION of the roll?

The evaluator prepares the assessment roll every three years and for three consecutive financial exercises.

This means that unless modifications are made to the property, its real value registered in the roll remains the same for the duration of the roll, being three years.

Can the assessment roll be MODIFIED during these 3 years?

At its updating, the assessment roll may be modified for various reasons, notably in the cases of renovation or expansion of a property.

Final payment of 2021 municipal taxes

We remind you that the third and final payment is due on September 1st, 2021, 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 2022 annual tax bill will be mailed the first week of March.



MUNICIPAL LIFE



Municipal elections will be held throughout the Province of Québec on Sunday, November 7, 2021. The term of office for all seats, Mayor and six (6) councillors, is four (4) years.

Current members of council are:

Mayor: Brent Montgomery

Seat #1: Shelley MacDougall

Seat #2: Raymond Bureau

Seat #3: Maureen Bédard

Seat #4: Thomas Lavalée

Seat #5: Dorothy Noël

Seat #6: David Hogan

The Director General of the Elections (DGE) provides the Municipality with the Permanent List of Electors. This list contains information obtained from the Provincial enumeration updated on the basis of the information transmitted to the Chief Electoral Officer by electors, as well as information from the Société de l'assurance automobile du Québec.

In spite of constant updating of this list by the Chief Electoral Officer, each elector is responsible for ensuring that he or she is correctly entered on the permanent list of electors.

You may verify if you are properly listed by calling the Director General of the Elections at **418-528-0422** or **1-888-ELECTION**. If your address has changed since the last municipal, provincial or school board

MESSAGE FROM THE PRESIDENT OF ELECTIONS

elections, make certain that your change of address has been made with the Régie de l'assurance maladie 1-800-561-9749 so that your name is listed with your new address.

Revision of the list of electors:

The Municipality's list of electors will be revised according to the Municipal Elections and Referendum Act. A notice will be given to indicate the place, dates and times where the list may be consulted so that an application for entry form, a striking form or correction can be presented to the Board of Revisers.

CONDITIONS REQUIRED TO VOTE

To vote you **must be registered on the list of electors**, be aged 18 or more on polling day and meet the following conditions. As of September 1st, you must:

- Be a Canadian citizen
- Not be under curatorship
- Not be deprived of your election rights
- And you must:
 - a. be domiciled in the Municipality and, have been domiciled in Québec for at least six (6) months;
 - b. have been, for at least twelve (12) months the owner of an immovable or the occupant of a business establishment.

¹Individuals are put under curatorship when a court has found them completely and permanently incapable of taking care of themselves and managing their own property.

PROPRIETORS OF AN IMMOVABLE OR AN OCCUPANT OF A PLACE OF BUSINESS

If, on September 1, 2021 you are a proprietor of an immovable or an occupant of a place of business for at least twelve (12) months and you are not domiciled in the Municipality, the law now obliges you to make a written request to the Election President so that your name appears on the list of electors.

In the case of co-owners and co-occupants of a place of business, you must designate, by means of a Power of Attorney signed by the majority, one person who may be entered on the list of electors. You must therefore transmit this Power of Attorney to the Election President. A Power of Attorney remains valid until it has been replaced.

These forms were included with your municipal tax bill last February. A copy may also be obtained at the municipal office: 2215 Blvd. Valcartier, Saint-Gabriel-de-Valcartier, (Quebec) or call us at 418-844-1218.

If you wish to exercise your right to vote, you have the responsibility to ensure that your name is registered on the list of electors.

Should you require further information, please do not hesitate to contact me at 418-844-1218.

Heidi Lafrance, Election President

2021 municipal general elections

Let's vote!





2021 MUNICIPAL SEPTIC TANK EMPTYING PROGRAM

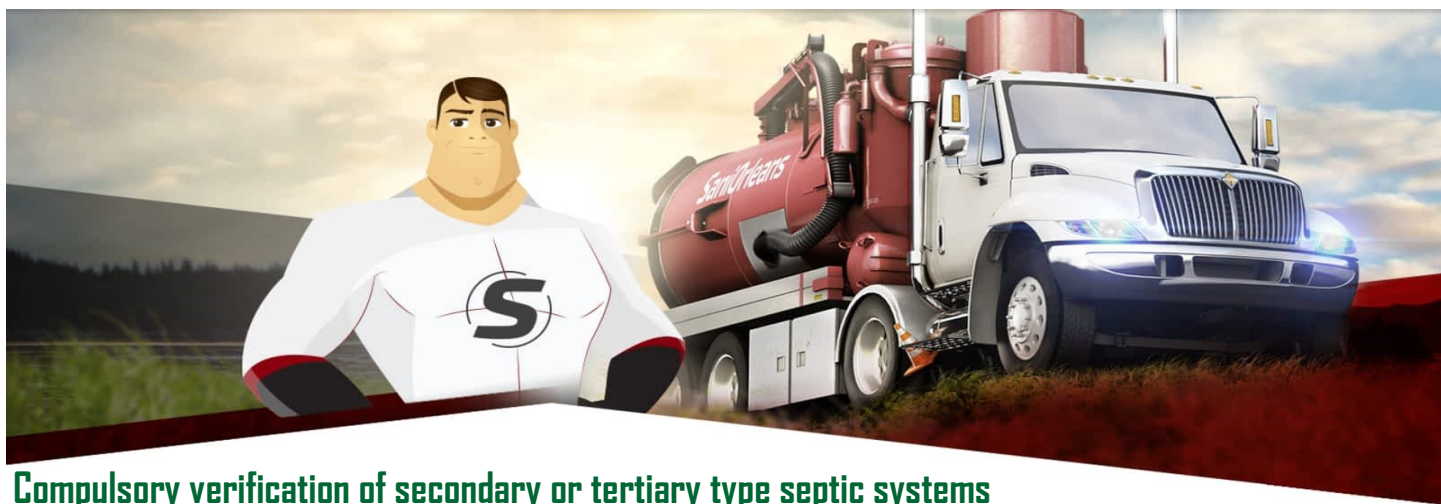
IMPORTANT INFORMATION:

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

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

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

September 2021 to August 2023 fees	
Pumping during operation period	\$0
Pumping during operation period but requiring a 2nd visit <i>Ex: Couverture non dégagée, fosse inaccessible, etc.</i>	\$65 + tx
Pumping outside of operation period (<i>Septic tank 4.8m³ max.</i>)	\$325 + tx
Pumping outside of operation period <i>For septic tanks and fields with a capacity greater than 4.8 m³ (example: cesspits, community tanks, etc.), the invoice price will be based on the following sum</i>	<p>The first volume pumped not exceeding 4.8 m³ : \$325 + taxes For every additional increment of volume pumped of 3 m³, exceeding the first 4.8 m³ : \$325 + taxes X increment For additional increments measuring less than 3 m³ : will be prorated (ex. $\frac{2 \text{ m}^3}{3 \text{ m}^3} \times \\$325/\text{tank}$)</p>



Compulsory verification of secondary or tertiary type septic systems

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, it's 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.



CIVIC LIFE

Residential pool safety—reinforcement of measures in force since July 1, 2021

As of July 1, 2021, the Ministry of Municipal Affairs and Housing (MMAH) has implemented a tightening of the applicable residential pool safety regulations. In response to a recommendation made by several coroners in recent years and in an effort to reduce the risk of drowning of young children, **the Residential Pool Safety Regulation will now apply to all private pools, regardless of when they were installed.**

All pools and related facilities installed before November 1, 2010 had been previously grandfathered and did not have to comply with the regulation. Now, with the coming into force of the new regulation, all owners of pools built before this date will have until July 1, 2023 to bring their pools and facilities into compliance.

In addition, from July 1, 2021, the following rules apply to new installations:

- chain link fences wider than 30mm must be slatted;

- no structure or fixed equipment that can be used to climb over the wall of a pool or enclosure shall be installed within 1m of it;
- no window shall be located within 1 m of a pool or enclosure, as the case may be, unless it is at a minimum height of 3 m or has a maximum opening of not more than 10 cm.

It will now be possible to install a passive safety device (latch) on a door on the outside of an enclosure if it is located at a minimum height of 1.5m from the floor; Pools with diving boards shall be installed

in accordance with BNQ 9461-100 to prevent cervical spinal cord injuries from diving accidents.

For further additions and all the applicable rules, see www.quebec.ca/piscinesresidentielles.

Remember that a municipal permit is required to install a pool or to build an enclosure as well as a platform or a terrace giving access to a pool. During the coming year, the municipal inspector, Mr. Stacy Gagné, will be visiting properties to inspect the conformity of the pools and their installations.



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.



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.



Winter shelters

W i n t e r 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 1 to April 30 of the following year.



CIVIC LIFE



Non-household waste pickup (bulk garbage)

In addition to being able to dispose of bulky items at the Ecocentre, 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 provide 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.)

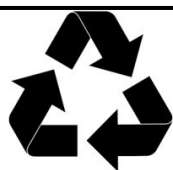
You may dispose of used tires (non-commercial use only) and rims. You may also dispose of used vegetable oil. Oil must be in its original container or in an identified clear plastic bottle.

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 dispose of these at the Ecocentre and not in your garbage bin as the waste management company will not pick it up.

Thank you for your collaboration!

TRAVAUX PUBLICS



ECOCENTRE SAINT-GABRIEL-DE-VALCARTIER 2329, Blvd. Valcartier

OPENING HOURS: • FRIDAY 9 A.M. TO 4 P.M. • SATURDAY: 8 A.M. TO NOON

- Access to residents only with proof of residency
- Forbidden to contractors.
- Maximum of 4 times per year.
- Contaminated soil and oversized tires are not accepted.
- Hazardous household waste (HHW) must be clearly identified with a legible label.
- An attendant will be on site to guide you and to validate your items.
- For any questions, please call 418-844-1218, Monday to Friday from 8:30 to Noon and 1 p.m. to 4:30 p.m.

Recycling bin — What can be recycled?

Type of material	Admissible materials	Inadmissible materials
Cellulosic fibres	Newspapers, flyers and magazines Wrapping paper Envelopes Cardboard boxes Paper bags Directories Books Egg cartons Milk or juice containers	Soiled paper/carboard Waxed paper Carbon paper Photo paper Metallized paper Padded envelopes Diapers Sanitary napkins Tampons Paper towels or tissues
Glass containers	Bottles, vials and jars of all colours (with or without labels)	Mirrors and windows Dishes, porcelain and pottery Crystal Light bulbs, fluorescent tubes Windshields
Plastic containers	Jars and bottles of all colours Food containers (margarine, ketchup) Soda pop bottles Water containers Plastic caps and lids Plastic bags	Toys Swimming pool covers Syringes Tires Plastic n°6 Coffee cups Styrofoam Plates and utensils Straws Audio and video cassettes and DVDs with their pouches
Metal	Canned goods Containers Soda cans, beers cans Aluminum plates Unsoiled aluminum paper Metal lids	Pots and pans Electronic appliances Bicycles Car batteries Reservoirs Car parts Nails Propane containers



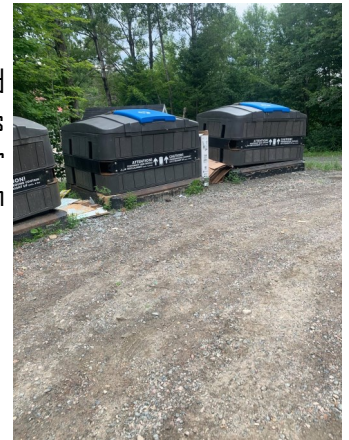
CIVIC LIFE

Containers—Sommet Bleu Sector

The Public Works Department has received a few complaints about the lack of space in the rubbish and recycling containers at the entrance to the Sommet Bleu Sector. Some residents have noticed that there is no more space inside the containers when they want to dispose of their rubbish or recycling. After verification, it appears that certain modifications must be made by the users so that these containers can fully serve all the residents of this sector.

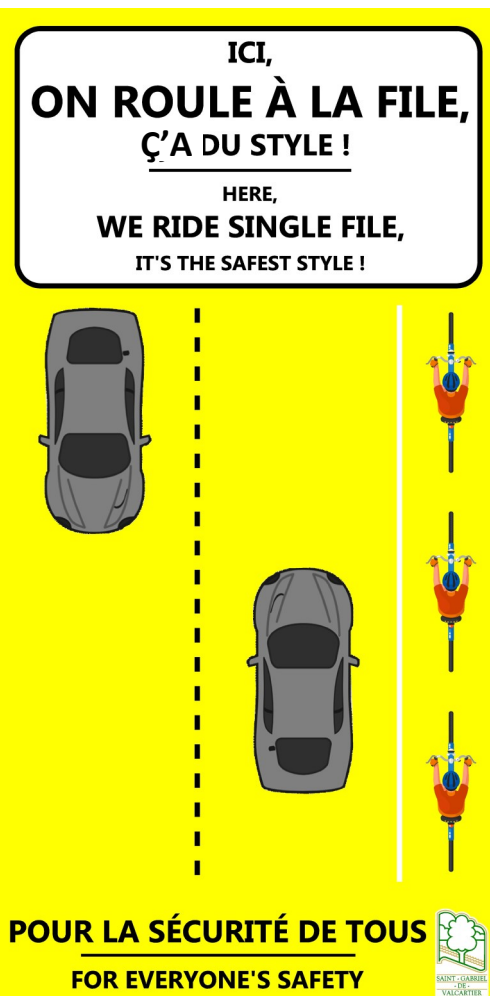
- The cardboard boxes must be dismantled and laid flat, this will leave room for the others.
- Rubbish bags must be pushed to the bottom of the container, otherwise they block access and limit the capacity of the containers.

Thank you for your understanding and attention to this problem!



For everyone's safety!

In an effort to improve road safety for all, the Municipality has erected 2 signs at each entrance to the territory (north-south). Other signs under the theme "For everyone's safety" are being developed and will be posted in rotation at these locations.



Signage in front of Valcartier Elementary School



Changes to signage in front of Valcartier Elementary School.

The Municipality would like to bring to your attention some changes made by the Ministry of Transport to the signage in front of the school situated at 2224 Boulevard Valcartier.

1. The 30 km/h school zone has been extended over a few metres to better protect students and pedestrians.
2. We wish to remind drivers that they **MUST** yield the way to pedestrians at the crossing. This means that you must stop your car if someone is waiting to cross in this area.

Thank you for your precious collaboration for the safety of all!

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

IT'S YOUR RESPONSIBILITY!



FIRE PREVENTION WEEK

October 3 to 9, 2021

Votre gouvernement

Québec



COMMUNITY LIFE

Backyard Birds—by Maureen Bédard, Councillor

The HUMMINGBIRD—We see him venturing in our flower beds come mid April in search of some spring flower to replenish his energy level after travelling from Central America. The male is the first to arrive and takes control of his territory which he defends vigorously.

In our Municipality, just like elsewhere in Quebec, we have the most common hummingbird, the **ruby-throated** one. This little fellow measures 7.5 cm to 9 cm from the tip of his beak to the end of its tail. The male will have lustrous green upperparts with metallic sheen and greyish white underparts and a forked tail and as this name suggest he will have silky ruby feathers on his throat. The female is quite similar but her throat will simply have the greyish white color and her tail is rounded.

The hummingbird feeds on nectar or honey juice, flowers, and very small insects that it catches in flight. It prefers tubular flowers like perennial monarda and aquilegia (also known as granny's bonnet) and like bees, the hummingbird contributes to cross-pollination carrying pollen it has rubbed from flower to flower. It can also be seen feeding on sap released by the holes drilled in the trees by the Spotted woodpeckers.

Hummingbirds have a very elaborate breeding ceremony and one of the most visible features is certainly the aerial pendulum display. Once mating has taken place, the male, completely disinterested in family life, leaves the female alone to build the nest using cobwebs and plant down and uses sticky silk threads secreted by spiders to cement it. She will then settle in her tiny nest protected from rain and sunrays to lay 2 white eggs the size of a pea and incubate them for long sessions until they hatch. Hatching occurs between 11 and 14 days and the chicks are the size of bees with eyes closed and short beaks. In the first few days after hatching, the female will feed her chicks by regurgitating. Once the chick are 20-26 days, they will leave the nest but continue to be fed by the female passing food from beak to beak.

It is important to say that although hummingbird water feeders attract this tiny little bird, they are often too close to windows. The hummingbird is very aggressive in protecting these food sources and might mistake its reflection in the window for an intruder and will attack and injure itself. He can also think of the window as an opening through which he can fly. Protect him by placing feeders at least 8-10 meters from windows and thus save him from hurting himself. Avoid artificial colors and regularly clean your feeders. The ideal solution is 4 cups of water/1 cup of white sugar during the summer and 3/1 in early spring and fall.

The hummingbird is a skillful and precious little bird to observe; wear a bright coloured shirt and sit near the feeder you may be surprised by what he'll do. Happy sightings!



TO YOUR CANVASES AND BRUSHES

Register now for the new edition of the Regional Christmas Card Contest.

Special animations in virtual mode will be presented to you. They will certainly encourage young and old alike to get creative on canvas!

Go to the MRC's Facebook page or www.mrc.jacques-cartier.com for all the details.



« Un souvenir d'enfance » by Lina Guillemette, Grand prize winner for the 2020 edition

COMMUNITY LIFE



A PAGE IN HISTORY

IN THE HEART OF NATURE – RECREATION

Although John Neilson lived in Ste-Foy, he was known to enjoy the “leafy months” in the beautiful Jacques Cartier River Valley at the Settlement in Valcartier. (His son, William, did live here and became the first mayor of Saint-Gabriel-de-Valcartier. His many descendants still count among the residents of the village.) John Neilson established Canada’s first sporting club, “Club des Bois” which was located on the shores of “Fairy Lake” (Lac Ferré). Later, the Fairchild residence hosted summer outings for city-dwelling friends and when the Price Family became owners of that property, they continued the tradition, even adding a Polo field. Today this land belongs to the *Frères Maristes* who maintain chalets that can be rented, trails for hiking and host summer camps. In the 1950s, a request was made to the Drouin family to create a skating rink for the children. This could be considered the beginning inspiration of what would later become a major recreational site, Village Vacances Valcartier, now including a year-round indoor water park and hotel

in addition to the summer water park, winter sliding park and Ice Hotel. Valcartier Ski Lodge hosted downhill and cross-country skiers in the late 1940s before it was turned into a school, *École secondaire Mont-Saint-Sacrement*. In 1986, the Auberge du Mont was created to host guests, groups and outdoor education programs in the part of the building that was once the ski lodge. The municipal park at Clark’s bridge and a public access point to the river invite residents and visitors to enjoy the natural scenic surroundings of the Jacques Cartier River Valley.



HISTORICAL COMMITTEE

The Historical Committee is looking forward to getting back at it this fall. Keep your fingers crossed!

For up to date information, check the Facebook page: **Comite historique Saint-Gabriel de Valcartier**, www.valcartier1816.com, or ask to be added to the mailing list (send email to valcartier1816@munsgdv.ca or call 418-844-1218). We look forward to seeing you soon!

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

Tel. : 418-476-1053

COMPLEX - 2230 BLVD VALCARTIER



MUNICIPAL LIBRARY

Our opening hours are Tuesday from 5:30 to 7:30 pm and Saturday from 1:00 to 4:00 pm.

Do you have a new phone number? Or a new address? Please remember to update your file at the library.

Halloween story hour: We hope to have a spooky time on Friday, October 29, 6:30 pm. Please check at the library or on Facebook for up to date details.



New regular hours are planned for sometime this fall. The summer hours will continue until conditions allow us to start our new normal.

For updated information concerning opening hours, conditions, activities, please consult Facebook: **Bibliothèque SGD V Library**, www.mabibliotheque.ca/st-gabriel or call 418-844-4040 during opening hours.



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. To facilitate reimbursement if necessary, please prioritize payment by credit card.

HATHA YOGA

Teacher: Marylin Parent
Registration by phone
or by email
Info.: 418 844-3916 or
parent_marylin@hotmail.com



DATE	WHEN	WHERE	COST
Sept. 14	Tuesday 7:30 to 9 pm	Complex 2230 Blvd Valcartier	\$120/10 lessons

DANCERCISE

Everyone loves to dance! Dance-exercise to the rhythm of Latin music that will make energize you! We will start slowly to learn the steps, the rhythms and progress slowly without losing our breath. Come laugh, dance and get off to a good start!



Teacher: Linda Bélanger (former acrobat Cirque du Soleil)
Registration and info: lindabelangermasso@gmail.com

DATE	WHEN	WHERE	COST
Sept. 13	Wednesday 7:00—8:00 pm	Sports Centre 2217 Blvd Valcartier	\$100 /10 lessons

ZUMBA

Teacher: Laury Fortin
Registration before September 5: lauryfortin1@gmail.com
Minimum 12 registrations for the class to take place.

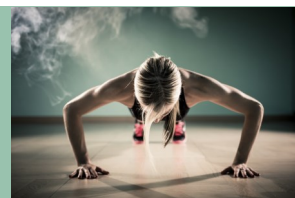
DATE	WHEN	WHERE	COST
Sept. 22	Wednesday 7:30-8:30 pm	Sports Centre 2217 Blvd Valcartier	\$120*/12 lessons \$80 /7-14 years old

*2021 Fall session promotion
Rebate of 20 \$ when you invite
a friend. Promotion valid for adult
registrations only.



HIIT TRAINING

Beginning in October, follow the
Centre Physik Facebook page for
more information.



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

FITNESS TRAINING 50 YEARS +

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

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

Registration through **amilia**

Required equipment: sneakers, water, towel

Newcomers are always welcome for a tryout!

DATE	WHEN	WHERE	COST
Sept. 21	Tuesday 9:30-10:30 am Thursday 1:30-2:30 pm	Community Centre	\$50/12 weeks

STUDIO DÉPENDANSE

Recreative and competitive groups

Registration:  Studio Dépendanse

Age group: 3 years old and over plus
adult groups

Info: studio.dependanse@gmail.com or
418 928-6899



DATE	WHEN	WHERE	COST
Sept. 11	See Facebook page	Sports Centre 2217 Blvd Valcartier	\$115/12 weeks \$5 rebate for families

RECREATION

SPANISH LESSONS

Possibility of offering this class if there is enough interest. Contact Mrs. Alonso Roche for more information.

Info: Lisandra Alonso Roche
418-520-8741
lisandraalonso@gmail.com



CHOIR

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

Info : Pamala Hogan Laberge 418-844-1218



DATE	WHEN	WHERE	COST
Sept. 20	Monday 7:00 pm	Community Centre	free

ENGLISH AS A SECOND LANGUAGE

English conversation classes for adults with situational role playing and some grammar, vocabulary and pronunciation exercises.

Registration: catherine.constantin@videotron.ca | 418-929-6786

Groups of 4 minimum and 10 maximum

DATE	WHEN	WHERE	COST
Sept. 17	Friday* 9:30-10:30 am	Centre communautaire	\$20/hour

*Other time slots can be available

PIANO LESSONS

Can also be offered at your home.

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



DATE	WHEN	WHERE	COST
Aug. 24	Tuesday to Thursday 3:30– 6:00 pm	Community Centre	\$30 / hour

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. 21	Tuesday 1:00 – 3:00 pm	Municipal library	Free

COMMUNICATING WITH ANIMALS WORKSHOP

This workshop serves to better understand who animals are, what links we have with them and how to communicate with them telepathically.

Teacher: Lili-Anne Beaulac

Info: info@centreedden.com | www.centreedden.com



DATE	WHEN	WHERE	COST
Oct. 16	Saturday 9:30 am-3:00 pm	Complex 2230 Blvd Valcartier	\$99 + taxes (\$113.83)

PAINTING GROUP

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@munsgvdiv.ca



DATE	WHEN	WHERE	COST
Sept. 13	Monday 9-12 am Wednesday 9-12 am	Complex 2230 Blvd Valcartier	Free*

*Bring your own equipment

RECREATION

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. 14	Tuesday to Thursday 8:30am-3:30 pm	Community Centre	\$410/2x week \$585/3x week 14 weeks

Courcelette BIATHLON CLUB

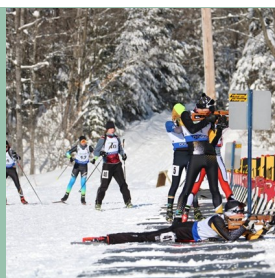
Located on the Valcartier military base, the Courcelette Biathlon Club is a very complete Olympic sport that combines skiing and target shooting and allows the development of cardiovascular capacities, muscular strength, concentration, coordination and balance.

Open house on Saturday, September 11, from 10 a.m. to 11:30 am at the Myriam-Bédard Centre (military base). Places are limited, registration required: <https://bit.ly/2UmOtAK>. **To learn more about biathlon and our Club**, visit www.biathloncourcelette.com or facebook.com/biathloncourcelette.

Season 2021-2022 registration on-site, September 11 and 18 from 9:00 to 11h30

We strongly recommend that interested parties attend the open house before they register.

Age group: 10 years old and over



COMMUNITY GOLF TOURNAMENT

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

Date: September 12 (first departure 11:30 am)

Where: Centre Castor

Registration: before Sept. 8 on **amilia**

Cost: \$70 includes golf cart



TAI CHI

COURS POUR ADOPTER LA PRATIQUE DU TAI CHI CHUAN ET DU QUIGONG POUR LA SANTÉ

Information et inscription: 418 844-2866

André Poulin, diplômé de l'International Institute of Medical QiGong (É-U), approuvé par l'Henan University of Traditional Chinese Medicine



DATE	WHEN	WHERE	COST
Sept. 22	Wednesday 9:30-11:00 am	Complex 2230, boul. Valcartier	\$120 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 students are practiced and supervised by qualified instructors according to Taekwon-Do values (self-control, courtesy, perseverance, and integrity).

BENEFITS: concentration, self confidence, stress management, balance, 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 water bottle, and a yoga mat for floor exercises.

Registration: **amilia**

Age group: 7 years and over

DATE	WHEN	WHERE	COST
Sept. 13	Tuesday & Thursday 6:15– 7:30 pm 7:45-9:00 pm (black belt)	Community Centre	\$110* 14 weeks

*Rebate of \$10 for registrations received before Sept. 6



CLUB ADOS

The CLUB ADOS will reopen very soon. Follow us on  for all the latest news and developments!

RECREATION

HORTICULTURE WORKSHOP

Offered by: *Le Jardin des Sylphes*
(Sylvie Gagnon)

Experienced horticulturist,
certificate in permaculture and
diploma in floriculture
Info and registration:

418-844-3995



Cooking with Wild Plants: August 29 and September 19

Here is a unique opportunity to appreciate our native plants and taste these wonderful natural products by using them in the kitchen.

Germination, this Great Source of Enzymes: November 20

One way to eat well at low cost is to know how to produce your own edible sprouts. The participant will receive a basic kit and a presentation of various simple and easy recipes. The preparation of the dishes will be followed by a tasting.

Christmas Decorations: November 15 and December 15

In this workshop, all wild flowers are covered in gold or silver. The most common species are transformed into holiday jewels.

Visit *Le Jardin des Sylphes*: August 28 and September 18

The Sylph Garden is a form of agriculture inspired by native traditions. A mixture of permaculture techniques are used in this beautiful labyrinthine garden.

All workshops are between \$20 and \$40

SUMMER FUN

Written by: **Gabrielle Auger**

One of my favorite seasons is summer because we have a break from school and there are a lot of activities to do during this time. But it is mainly because of the Summer Playground Program at the Valcartier Community Centre.



There are lots of welcoming monitors and activities to keep you entertained and amused all summer long. For older kids, there is a special program called P.A.M. (programme d'aide moniteur) and it teaches you how to maybe become a monitor one day. You help organize games, and, in my experience, it is a lot of fun. Every week is different because of the themed activities during the week. The bike rally occurs every year, which is exciting because you can bring your bike to camp, and they even organize a parade and lots more.

At camp, you might even meet new friends or meet some of the friends you already have. We hope you can join us next summer, see you soon!

HALLOWEEN

Safety Route:

Follow developments on our Facebook pages to find out what we are planning this year.

Fire Safety Services and the Sports and Recreation Department



THANK YOU VOLUNTEERS AND SUMMER EMPLOYEES

*Thank you to all our
soccer and baseball*

*volunteers as well as Summer Playground
employees for offering such wonderful activities for
our children. It would not be possible to offer so
many activities without all of you! THANKS a
thousandfold*



CLOTHES DRIVE AND THRIFT STORE RETURNS!

VALCARTIER ELEMENTARY SCHOOL

In collaboration with l'Entraide Diabétique du Québec

and the Municipality of Saint-Gabriel-de-Valcartier.

All proceeds go to Valcartier Elementary School's PPO, for students!

Collection dates:

Between September 26th and October 17th
in the basement of the Sports Centre (2217 Blvd Valcartier) during open hours.

**Thrift Store will be open
from October 3rd to 17th, schedule to come.**

*clothes for men-women-children-maternity, shoes
-boots, bedding*



PRACTICAL INFORMATION



MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

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

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

WEBSITE

www.saint-gabriel-de-valcartier.ca



Jeffery Hale
Saint Brigid's

Jeffery Hale Community Services (JHCS) provides CLSC-type services for the **English-speaking community** in the greater Capitale-Nationale region. We provide a range of youth and family services, mental health programs, as well as home care and day center for the elderly and people experiencing loss of autonomy. More specifically, services for seniors and caregivers include:

- *Homecare services*: nursing, occupational therapists, psychosocial services and support, setting up hygiene care and domestic help services.

- *Day Centre*: socialisation, physical and cognitive activities, respite care, etc.

- *Freshly prepared frozen meals*

- *In-home stimulation*: social, cognitive and physical exercise at home

- *Public housing access procedures*

- *Palliative care services*

- *Respite and temporary housing arrangements*

For any questions or for a service request please call 418-684-5333 extension 11805. The Jeffery Hale-Saint Brigid's is regrouped with the CIUSSS de la Capitale Nationale

ACTIVITIES FOR SENIORS

You spoke, we listened!

It is with great pleasure that we announce the arrival of a project that aims to develop places of participation and activities adapted by and for seniors in your sector.

Community Help and Home Services :

In order to promote healthy aging and the ability to remain in one's own home, Community Support and Home Services is the carrier and companion for all the actors in the milieu who wish to be part of this great initiative.

Development of activities in Saint-Gabriel-de-Valcartier:

To develop and facilitate access to resources and activities, we are currently looking for volunteers who wish to get involved in the realization of the local project.

Whether it is for animation, volunteering or suggestions, we want to know YOUR ideas and get YOUR opinion.

Please contact us to indicate your interest and for more information:

Community and Home Services 418-842-9791 ext. 33

projetivpsa@aidesalacommunauté.org

Municipalité de Saint-Gabriel-de-Valcartier 418-844-1218 plaberge@munsgdv.ca



DATES TO REMEMBER

AUGUST

- 28 Visit Le jardin des Sylphes Workshop
- 29 Cooking with Wild Plants Workshop

SEPTEMBER

- 1 Last payment of municipal taxes
- 6 Municipal offices closed
- 11 Beginning of lessons for Studio Dépendance—Hip-Hop, Open house at the Courcellette Biathlon Club
- 12 Community Golf Tournament
- 13 Beginning of lessons for Dancercise, Taekwon-Do and Painting Group
- 14 Beginning of Playgroup and Yoga classes
- 17 Beginning of English lessons
- 18 Visit Le jardin des Sylphes Workshop
- 19 Cooking with Wild Plants Workshop
- 20 Beginning of Choir Group sessions

- 21 Beginning of Knitting Group sessions and 50+ Fitness Training classes
- 22 Beginning of Zumba and Tai-Chi lessons
- 24 Beginning of Piano lessons
- Oct. 26 to 17 VES Clothes Drive

OCTOBER

- 1 Winter shelters authorized
- 3 -17 VES Thrift Shop open
- 11 Municipal Offices Closed
- 16 Communicating with Animals Workshop
- 29 Halloween story hour
- 31 Halloween Safety Route

NOVEMBER

- 1 Special Collection for Fallen Leaves – all week
- 7 Municipal elections and return to Standard Time
- 15 Christmas Decorations Workshop
- 20 Germination Workshop

DECEMBER next Indispensable