

VOL. 15, Issue 1 • DECEMBER to mid-FEBRUARY, 2022

# THE INDISPENSABLE



Together, in the  of NATURE



SAINT • GABRIEL  
• DE •  
VALCARTIER

JOYEUSES FÊTES ET BONNE ANNÉE!  
HAPPY HOLIDAYS AND HAPPY NEW YEAR!



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THE MUNICIPAL OFFICES WILL BE CLOSED FROM DECEMBER 24 TO JANUARY 4, 2022, INCLUSIVELY.

## MUNICIPAL LIFE



## Message from the Mayor



**"Robert Bilodeau and Patsy Hogan have been volunteering for 40 years and Linda Johnston for 30 years. Thank you for your exceptional devotion to our community."**

Another Holiday season is fast approaching and many events are being planned. On **December 19** our annual Christmas Tree Lighting and activities will take place starting at **2 pm**. Following this, all citizens are invited to the **official inauguration of our new covered skating rink at 5:30 pm**. All activities will be held outside and both the rink and walking path will be decorated for the occasion.

On November 29, a press conference was held to announce the opening of a full-service pharmacy in our Municipality. Located just steps away from the Centre Physik, it will operate under the Familiprix banner. Construction is well underway and is scheduled to open for the summer 2022. We wish the new owners great success in this exciting venture!

In other news, the Municipality is pleased to announce the addition of two new employees. Diane Lavallee will be an administrative assistant to general management and Veronique Charbonneau will work as co-ordinator in the Sports, Recreation, Culture and Community Life Department. Welcome to the team and congratulations to you both.

The «La Visite» walking and biking trail will be open this winter for snowshoeing and fat bikes. The parking area will be cleared of snow, but the actual path will not be maintained.

We would also like to mention some milestones that were achieved this year by some dedicated volunteers. Robert Bilodeau and Patsy Hogan have been volunteering for 40 years and Linda Johnston for 30 years. Thank you for your exceptional devotion to our community.

In closing, I would like to thank our citizens for your continued support in our recent municipal elections. All six councillors will be returning for another four-year mandate. Council is busy working on the 2022 budget with our motto of providing the most services for the least cost. Once again, your trust is much appreciated as we strive to have the best community possible.

Happy Holiday Season to all!

## NEW COMMERCE FOR OUR RESIDENTS! FAMILIPRIX SETS UP IN SAINT-GABRIEL-DE-VALCARTIER

Familiprix is proud to announce the opening of a brand new branch on Valcartier Boulevard. Owned by pharmacists Léane Boiteau and Hélène Boucher, this new 4,000 square foot pharmacy will open in the summer of 2022. The ground-breaking ceremony for this project took place on Monday, November 29, in the presence of the pharmacist-owners, Mayor Brent Montgomery, Perry Wong, owner of the building, Norman McKinley, general contractor, Pierre St-Cyr, Familiprix Senior Director of Business Development, and Hélène Julien, Familiprix Development Consultant.

The investment related to the development and construction of the building is estimated at more than 1.5 million dollars and will create nearly ten new jobs as soon as it opens.





## CIVIC LIFE

# Notice of Assessment and the New Triennial Assessment Roll for 2022-2023-2024

### The Assessment Roll and the Notice of Assessment

As required by the *Act Respecting Municipal Taxation*, a new assessment roll was prepared by Altus Group, a firm of external evaluators mandated by the MRC de la Jacques-Cartier for property assessment work on its territory. This new roll is effective for the 2022, 2023 and 2024 fiscal years and, unless there are changes to the property, these values are valid for the duration of the triennial assessment roll.

Recent legislative changes require that municipalities must now, following the deposit of a **new assessment roll**, send a Notice of Assessment to each property owner on its territory.

The main objective of the **Notice of Assessment** is:

- ⇒ To provide the taxpayer with the most important information entered on the assessment roll concerning their property;
- ⇒ To indicate the procedure to request a correction of an omission or an inaccuracy entered on the assessment roll;

The assessment roll is an inventory of the properties situated on the territory of a municipality and reflects the value of each property based on its real value. The real value of a property corresponds to its exchange value on a free and open market. In other words, it is the price which a buyer would most likely accept to pay in a private sale, if that property were for sale. The value is established by considering real estate market conditions as of July 1st of the year preceding the filing of the roll, which is July 1st, 2020, for the roll deposited on October 8, 2021.

### How are properties assessed?

To establish the real value, Altus Group inspected and investigated the transactions registered on the territory over the past 3 years. These sales enabled the evaluator to establish calculation standards to be used to determine a value for all immovables of the municipality according to the characteristics of each property (usage, physical elements, quality of its components, etc.) as well as its location within the municipality.

To assess the physical state of the properties, the Act states that an evaluator must ensure the accuracy of the information in his/her possession at least once every nine years. During the last 3 years, Altus Group carried out many visits on the territory to ensure that each property of the territory had been visited since 2013. During

these visits, the information that was gathered by the inspectors considered the quality of the maintenance of the property and improvements made without the issuing of renovation permits. The updating of these files, in certain cases, lead to the issuing of a Notice of modification to the assessment roll to adjust the current value and in other cases lead to a readjustment to the value solely as of January 1st, 2022.

In consequence, this exercise shows variations between the value registered on the previous roll and those registered on the new roll. Also, there may be differences between sectors and/or type of dwelling in the municipality, depending on the results of the equalization of the values to the conditions of the real estate market on the reference date (July 1st, 2020).

The value of the properties was established using the real estate transactions registered during the last three years. The COVID-19 pandemic had an impact on the real estate market of the MRC de la Jacques-Cartier. The attraction for large properties (4 hectares and more) were coveted by buyers. A progression in sales prices was observed in the reference year (2020) and that this phenomenon continued into 2021; the impact of which will be measured in the next roll (2025-2027).

### The role of the evaluator

The evaluator has no impact on the budgets nor the method of taxation. The role of the evaluator is to ensure that each property is assessed in an equitable manner. The assessment roll is used by the municipality or the school board to equitably distribute the fiscal tax burden according to the services provided.

### Statistics for the 22-23-24 Roll

#### Roll Statistics

- ⇒ Total value of immovables - new roll 2022-2023-2024, all categories together, is established at \$997 967 700, an increase of \$53 829 500 or 5.7% compared to the previous assessment roll.
- ⇒ The average value of single-family residences increased 6.5% for an average value of \$327 973 as of July 1st, 2020.
- ⇒ The real estate market recorded an average growth of 15.8% in residential land values.



## CIVIC LIFE

## Notice of Assessment and the New Triennial Assessment Roll for 2022-2023-2024

### *May one contest the new assessment?*

Yes. The application for review must be made between the deposit of the new assessment roll and before May 1st of the first fiscal year of the roll, which is, before May 1st, 2022. After which, the right to revision no longer exists.

According to article 129 of the *Act Respecting Municipal Taxation*, a taxpayer who wishes to apply for revision of a new assessment must do so using the prescribed form. The taxpayer will be required to express a value and explain the reasoning behind said value. The form is available at the municipal office or on the municipal website ([www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca), under Administration/Evaluation).

**The form must be duly completed and sent to the MRC de la Jacques-Cartier (60, rue St-Patrick, Shannon (Québec) G3S 1P8) accompanied by the prescribed amount.**

**For questions regarding your new municipal assessment, please contact Ms. Maryse Béchard from the Altus Group Assessment Department at 418-628-4703.**

## PUBLIC NOTICE

### Dépôt du rôle d'évaluation pour l'année fiscale 2022

PROVINCE OF QUEBEC  
M.R.C. DE LA JACQUES-CARTIER  
Municipality of Saint-Gabriel-de-Valcartier  
Province of Quebec

#### PUBLIC NOTICE

#### ASSESSMENT ROLL – FIRST YEAR

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

THAT the three-year assessment roll for the Municipality for the years 2022, 2023, 2024 was deposited;

THAT those interested may consult the said roll at the Municipal Office located at 2215, boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday, from 8:30 am to noon and from 1:00 to 4:30 pm; and by Internet at [www.sigale.ca/main.aspx#](http://www.sigale.ca/main.aspx#)

THAT all complaints regarding an inscription on the assessment roll must be filed following the procedure below:

#### Administrative Revision:

A request for revision must be filed before May 1<sup>st</sup>, 2022 using the prescribed form (otherwise the request will be rejected) and submitted to the municipal organisation responsible for the evaluation (M.R.C. de la Jacques-Cartier, 60, rue Saint-Patrick, Shannon) accompanied by the applicable fees. The above mentioned form is available at the Municipal Office, or on the municipal website at [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca).

#### Revision by the Quebec Administrative Tribunal:

In the case where there is no agreement between the evaluator and the plaintiff (administrative revision), the plaintiff may file a complaint with the Quebec Administrative Tribunal (T.A.Q.) within a delay of thirty (30) days following the date on which the evaluator's response was sent, or if the evaluator neglects to produce a response, within a delay of thirty (30) days following the due date prescribed by Law.

All complaints must be made using the prescribed form and filed at the offices of the Quebec Administrative Tribunal (T.A.Q.) or at any office of the Quebec Court accompanied by all applicable fees.

For more information, contact the Municipal Office at 418-844-1218.

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER, THIS 12<sup>TH</sup> DAY OF OCTOBER 2021

**Heidi Lafrance, Director General / Secretary-Treasurer**

### WINTER PARKING

The Municipality would like to remind you that streetside parking is not permitted at any time during the winter season under penalty of law.







## CIVIC LIFE

## PUBLIC WORKS

## Winter storms — garbage and recycling

The Public Works Department would like to draw your attention to a problem situation during winter storms. Several bins are broken or destroyed every winter when they are wrongly placed on the roadside during a storm. To fix this, the solution is simple: do not put out your bins during a storm if it is not **ABSOLUTELY** necessary. This simple habit would reduce replacement costs and give a hand to snow removers! Thank you for your collaboration!



## Special Christmas Tree Collection

During the week of **January 4**, the Municipality will offer a special pick up of natural and artificial Christmas trees. No need to sign up for this service but you must put your tree at the roadside for **January 4**, at the latest.



## DOG LICENSES

MUNICIPAL LICENCES ARE VALID FROM  
JANUARY THROUGH DECEMBER OF  
EACH YEAR.

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



## DID YOU KNOW THAT...

- ◆ IN ORDER TO FACILITATE SNOW REMOVAL OPERATIONS, IT IS FORBIDDEN TO DUMP SNOW ON PUBLIC ROADS OR ADJACENT LAND.
- ◆ IT IS FORBIDDEN FOR ANYONE TO PASS ON PRIVATE LAND, WITHOUT THE EXPRESS AUTHORIZATION OF THE OWNER, HIS REPRESENTATIVE OR OWNER OF THE PREMISES. THIS INCLUDES ALL OFF-ROAD VEHICLES.

## Bulk garbage collection

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.**

Materials to be collected by the Municipality

must 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.

You may dispose of renovation

materials at the municipal Ecocentre. You may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage.

Thank you for your collaboration!



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

## OPENING HOURS:

• 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.

## COMMUNITY LIFE



### NETWORK OF TRAILS AT MONT-SAINT-SACREMENT : MUNICIPAL SUPPORT

For decades, citizens of our Municipality have enjoyed walking the trails created on the property of *École secondaire Mont-Saint-Sacrement*. It is a network of trails with lots of topography allowing access to enchanting corners of our forest, with the bonus of a few unique and wonderful panoramic sites.

Our team at «the Mont» is happy to authorize access to these trails. We believe that Nature is fertile in its various teachings and we wish that our welcoming of users will promote respect and fascination for our natural world.

The management and maintenance of those trails and infrastructures require much effort, time and financial resources. These constant investments are necessary to assure their perennity.


*We wish to acknowledge the generous contribution of the Municipality of Saint-Gabriel-de-Valcartier. Our Municipal Council eagerly responded to our request for financial assistance for renewed signs and posts over all the network. This very concrete support allowed us to enhance our signage and make it more facilitating and secure for users.*

In this issue of The Indispensable, you will find a copy of the trail map (or the link to access it). On the back of the map, you will find the guidelines that are important to us, within the context of the educational mission at the school and the Auberge du Mont.

The QR code (in blue) on the front page will allow you to download the map on your mobile phone or enable you to print your own copy.

Enjoy your hikes!

Jean-Pierre Deschênes, École Mont-Saint-Sacrement / Auberge du Mont



## CARTE DES SENTIERS

École secondaire Mont-Saint-Sacrement inc.  
L'Auberge du Mont  
200, boul. Saint-Sacrement  
Saint-Gabriel-de-Valcartier (Québec) G0A 4S0  
418-844-3774  
www.mss.qc.ca / www.aubergedumont.qc.ca

### « LA VISITE » WALKING AND BIKING TRAIL OPEN THIS WINTER FOR SNOWSHOEING AND FAT BIKE

Many residents have enjoyed this new walking and biking trail this summer. The "La Visite" trail is located on 5th Avenue between numbers 1178 and 1210. The Municipality is proud to announce that the municipal council has decided to remove the snow from the parking lot this winter in order to open the trail for snowshoeing and fat biking, but please note that the trail will not be maintained.



## COMMUNITY LIFE



### Backyard Birds by Maureen Bédard, Councillor

#### THE BLACK-CAPPED CHICKADEE

The Chickadee is a happy little bird that can be observed all year round but is more active in winter. From beak to tail, it measures between 12 to 15 centimeters. This little bird has a gray back and white breast, as well as a black crown and triangular bib which covers her throat and head.

The Black-Capped Chickadee is found across Canada and lives in forests, orchards and other areas with lots of trees. It feeds on different mixtures of seeds found in fields and around gardens but adores small insects and spiders just as much.

The Chickadee's behavior during fall and winter will be somewhat different from that of spring and summer. In a group of a dozen or so birds, it will work as a team to protect its territory and thus ensure its survival during the colder months. Any available cavity will be used as shelter but this little bird's trick to survive cold temperature is by lowering its body temperature in order

to conserve energy and will keep warm by lifting her plumage to keep the warm air close to her body.

February and March are breeding season followed by the search for a place to nest that the male will subsequently defend. Together, male and female dig a cavity in an old tree and the female will usually lay between 5 to 10 eggs at a rate of one per day; the incubation will last 13-14 days and once the chicks arrive, both parents will make up to 14 round trips per hour to feed them.....and finally the parents will say, the young are ready to leave the nest 16 or 17 days later but both parents will continue to feed them for yet another 2 or 3 weeks while teaching them how to do it themselves.

Birds of prey as well as domestic cats are the main predators of this small bird; it is therefore important to leave the dead trees where they are as these are a safe place for them and in addition to being a shelter, the Chickadee will have access to food such as spiders and other insects which may be in the trunk. Also allow native plants to grow in a part of your garden and add a small bird feeder such as a gazebo with sunflower seeds. The feeder will be essential to attract him during winter just like a small block of suet in a suitable metal basket or even an old branch in which you will have drilled a few holes to insert crunchy peanut butter that you will have mixed with a little Crisco fat.

The black-capped chickadee is a very curious little bird with a distinctive song that will often come to see what is in its territory and is a species of birds that can easily be handfed.

Finally, during the next winter months, keep your cat indoors and set up a feeder prominently from a house window and you can spend the winter comfortably sitting with a coffee or hot chocolate contemplating this active little bird's round trips to your feeder.

Happy sightings!

### CHRISTMAS FOOD HAMPERS - Roger Lamont Foundation



This 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. If you would like to contribute in any way (donations of money, time, material, services), we invite you to contact Pamela Hogan Laberge or Véronique Charbonneau 418 844-2097. **Please note that cash donations may be sent by cheque made out to: Fondation Roger Lamont before December 19 for the Christmas hampers. A receipt will be sent for donations over \$20.00.**



## COMMUNITY LIFE



## A PAGE IN HISTORY

Located about 25 kilometers north of Quebec City, covers a surface area of 441.17 km<sup>2</sup> and supports a population of 3390 (Statistics Canada, 2016). The Community Center, originally built in 1973, has undergone several renovations including adding the small reception hall in 1996 and adding municipal offices and the library in 2001. With a playground, wading pool, skating rink, skating trail, animated walking trail, ball field and pavilions, the Community Center offers a large variety of sports and recreational activities to the residents. The Volunteer Fire Department, serving the community since 1979, is housed in a fully equipped firehall recently renovated in 2015. In 2018, the physical conditioning room, Centre Physik, was moved to the new Complex located a short distance down the road from the Community Center. Also housed in this building is the Historical Committee, formed in 2016 to celebrate the 200<sup>th</sup> year since the settlement began.

Community events have been a part of the local tradition throughout the years. The first Women's Institute (WI) Labour Day Chicken BBQ in 1937, has become an annual tradition of the Valcartier Firefighters. The 1<sup>st</sup> of July picnics, dating back to the 1930's, provided many years of "two picnics on the same day" with villagers going back and forth between them to enjoy the games and sporting events offered by the Ladies Aid (later known as United Church Women) of both the Presbyterian and United Churches. This tradition was carried on by the Presbyterian Church until 2013. The Catholic Women's League (CWL), which was active from 1946 - 2001, organized St. Patrick Day suppers and Euchre parties. There were also community breakfasts, dances, musical house parties, country music shows and field days that brought the community together on numerous occasions.

And the tradition continues! Today, a softball tournament and Family Day festivities bring summer to a close, the Christmas Tree Lighting and visit from Santa kicks off the holiday season and various suppers and breakfasts dot the calendar year in between.

It can truly be said that Saint-Gabriel-de-Valcartier has a long tradition of building and celebrating a community "Together, in the Heart of Nature".



Photo credit: archives

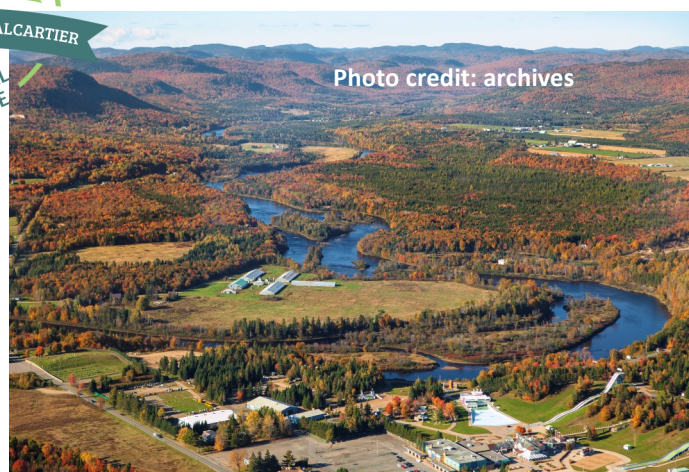


Photo credit: archives



Photo credit: Allison Kirkwood

## HISTORICAL COMMITTEE

Regular office hours for the Historical Committee have been temporarily suspended due to the COVID-19 pandemic. For up to date information, check the Facebook page: Comité historique Saint-Gabriel de Valcartier, [www.valcartier1816.com](http://www.valcartier1816.com), or ask to be added to the mailing list (send email to [valcartier1816@munsgdv.ca](mailto:valcartier1816@munsgdv.ca) or call 418-844-1218).

We look forward to seeing you soon!





## LEISURE

### MUNICIPAL LIBRARY

#### December schedule:

**Tuesday 2:30 to 8:30 pm—Wednesday 6:30 to 8:30 pm—Saturday 1 to 4 pm**  
**CLOSED FROM DECEMBER 19 TO JANUARY 10.**

Free access to bookshelves. Masks are mandatory. Respect of physical distance and sanitary measures apply.

#### Story Hour:

Story Hour for the month of December is cancelled, but children are invited to come by the municipal library to pick up an activity kit to bring home on the following days:

**Tuesday, Dec.14 2:30 to 8:30 pm—Wednesday, Dec. 15 6:30 to 8:30—**  
**Saturday, Dec. 18 1 to 4 pm**

#### New books:

We have received new books on December 1st, these will be identified by a yellow dot on the book spine.

#### Coming soon:

Follow our Facebook page (Bibliotheque SGD V Library) for all the news and in upcoming issues of the Indispensable!

- \*New improved, easier to use website! Set to launch in December!
- \*Easier access to eBooks, audiobooks and free magazines to download!
- \*Virtual Reality Headsets (Oculus Quest 2)!
- \*Wally - computer code learning kits!
- \*New Manga series (French only) available through inter-library loans (PEB)!
- \*No more late fees for borrowed articles!



**HAPPY HOLIDAYS!**

### AÏKIBUDO (self-defense)

A martial art of Japanese origin, 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](http://www.aikibudovalcartier.ca)



 Aikibudo Valcartier @aikibudoValcartier 2007

### FAMILY SKATE NIGHT

**Decorate your helmet or put on a funny hat for this family activity to be held on**  
**Wednesday, February 16 as of 6 pm at the**  
**municipal skating rink**



**PRIZES TO BE WON**

**ILLUMINATED  
 SKATING AND  
 WALKING PATHS  
 MANY MORE  
 SURPRISES!**

DATE	WHEN	WHERE	COST
Jan. 10	Monday & Wednesday 7 to 8:30 pm	Complex 2230 Blvd Valcartier	\$115 +\$45(affiliation) 8 semaines

LEISURE

OUTDOOR FAMILY CELEBRATION

# OLD FASHIONED CHRISTMAS

Let's celebrate together!

DECEMBER 19TH - FROM 2 TO 5 PM

Behind the  
Community Center

2-7 PM  
MINI OLD  
FASHIONED  
DONUTS

2-5 PM  
AIR BRUSH  
MAKE-UP AND  
ELVES

3-3:40 PM  
FAMILY  
SHOW

Vaccination  
passport  
required for the  
show only

4-6 PM  
HOT SOUP, CHOIR  
AND LIGHTING OF THE  
CHRISTMAS TREE

30th  
edition

3:40-5 PM  
SANTA, ELVES  
AND GIFTS



With the participation of:



FROM 5:30 TO 7:30 PM

## GRAND OPENING OF THE ICE RINK

## DISCO NIGHT, DJ AND LIGHTS

Skates or not, come and have fun!



## LEISURE



## PLAYGROUP

At Playgroup, you can come and socialize with other kids your age! You have to be between 3 and 5 years old and be autonomous. You'll see, we have a lot of fun! We play, read stories, do crafts, paint, sing, relax and much more! Come have fun and learn with us!

\* Places are limited.



Location: Community Centre  
 Schedule: Tuesday, Wednesday and Thursday  
 Time: 8:30am to 3:30pm  
 Duration: 10 weeks from  
 January 11th to March 28th  
 Cost: 3 times a week: \$500

**amilia**

Please note that there will be no playgroup during the school break week (March 8, 9, 10).

\* Minimum 6 children to continue the group.



**Program for residents 55 years and over of Saint-Gabriel-de Valcartier**

**The objectives of the Senior Access Recreation program are to:**

- Promote a healthy lifestyle;
- Promote social, mental and physical benefits;
- Provide tools to ensure support and a sense of security;
- To make new friendships.



*A great way for us  
 55+ residents to  
 keep in touch and  
 connect!*

**amilia**

**Only one price : \$30 per year**

**Included for free :**

- 50+ exercises
- Tai Chi
- Physik Center
- Coffee and Chat
- Country dance class
- Men's pool meeting
- Music practice room
- Painting and crafts activities
- Indoor Petanque
- Discovery workshops (tea, computers...)
- Collective kitchens
- And much more to come!

**Free hours of the Physik Center for members :**

- Tuesday and Thursday**
- from 8am to 9:30am
  - from 12:30 to 2:30 pm
  - from 6pm to 8pm
- Saturday, all day long**

**Informations**

2215, boul. Valcartier  
 Saint-Gabriel-de-Valcartier, Qc  
 G0A 4S0

☎ 418-844-1218

✉ coordoloisirs@munsgdv.ca



In collaboration with :







## LEISURE

### DECORATED CHRISTMAS TRAIL

Did you enjoy our decorated trail last Christmas? The Municipality is pleased to invite you to take a walk on the pedestrian pathway which will be illuminated and decorated this year. Throughout the month of December and until January 7, come and admire the different zones that are proposed to you! A section will be identified and reserved for young and old who would like to bring a decoration to the trail.

**Decorate our family-community corner and beautify a part of the trail yourself!**



### CLASSIQUE HIVERNALE 2022



**FEBRUARY 12**  
**ALL DAY**  
**COME ENCOURAGE**  
**OUR YOUNG**  
**HOCKEY PLAYERS**  
**FREE ACTIVITY**

### COMPANIES AND SERVICES LISTING FOR SAINT-GABRIEL-DE-VALCARTIER

Do you have a business or service to offer that you would like to promote? We would like to hear from you so that we can create a directory of services offered by our residents. Contact Pam or Véronique 418-844-1218 or Email [coordoloisirs@munsgdv.ca](mailto:coordoloisirs@munsgdv.ca).

### MEALS-ON-WHEELS AND OTHER SERVICES

The "Popote et Multi-Services" is a non-profit organization with a mission to support the elderly, frail or recovering to allow them to be able to stay safely in their homes as long as possible.



We offer **hot meal delivery** services at lunch time, whether you need it on a short or long-term basis, this service could help you and lighten your daily workload:

⇒ For a mere \$7 per meal, including a soup, meal and dessert, you don't have to clean up or do dishes. You could also be admissible (70 years old and over) to a Revenue Quebec tax credit for seniors.

We also offer **transportation and accompaniment** services for medical reasons, this service is not a taxi service, is assured by volunteers. You must simply compensate the volunteer for the reimbursement of their gas usage. The compensation goes entirely to the volunteer.

⇒ Fees vary from one area to another. For example, for Quebec hospitals, the cost is \$30 and this includes the drive in and back, and in many cases, the parking fee.

Avoid having to worry about driving and parking costs and procedures.

If you would like to use our services, you can contact us by calling **418-845-3081** or call Pam or Véronique **418-844-2097**.

If you would like to get involved as a volunteer either for meal deliveries or transportation and accompaniment, you are most welcome. Being a volunteer for the meals-on-wheels and other services, you will not incur any costs as a volunteer since we reimburse the mileage costs during the delivery of meals and that, for the transportation and accompaniment, 100 % of the compensation is returned to you.




## LEISURE

## INDOOR PÉTANQUE

\*Bring your own pétanque equipment

DATE	WHEN	WHERE	COST
Jan. 12	Monday 1:00 to 4:00 pm	Complex 2230 Blvd Valcartier	Free*

## CLUB ADOS

The Club Ados has re-opened. Follow us on  for updated and supplementary opening hours as well as news and happenings!

Wednesday: 4 to 7 pm Homework & Pasta night

Thursday: 6:30 to 9:30 Freestyle activities

Where: 2215 Blvd Valcartier (behind the building)



## CREATING FOR PLEASURE

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

Info. : Pam or Véronique 418 844-2097 or

coordo@munsgvdc.ca



DATE	WHEN	WHERE	CoSt
Jan. 12	Wednesday 1-4 pm	Complex 2230, boul. Valcartier	Free*

\*Bring your own materials (paint, drawings, charcoal, etc.)

## 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
Jan. 18	Tuesday 9:30-10:30 am Thursday 1:30-2:30	Community Centre	\$50 12 weeks

**Zumba**



*Saint-Gabriel de Valcartier*

Teacher: Laury Fortin

Registration before January 12: lauryfortin1@gmail.com

Minimum 12 registrations required to hold the class.

\*\$20 discount promotion when you invite a friend.



DATE	WHEN	WHERE	COST
Jan. 19	Wednesday 7-8 pm	Recreation Centre 2217 Blvd Valcartier	\$120*/12 lessons

## STUDIO DÉPENDANSE

Recreative and competitive groups

Registration: Studio DépenDance

Age groups: 3 years and over  
adult groups also

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

SHOW IN MAY 2022!



DATE	WHEN	WHERE	COST
Jan. 22	See Facebook page	Recreation Centre 2217 Blvd Valcartier	\$115/15 weeks \$5 rebate for families

## LEISURE

ADULT HOCKEY  
LEAGUE (17 years +)

Register by Email nscrivez-vous par courriel en mentionnant la position you would like to play. Complete hockey equipment is required (face protection and CSA helmet). This activity is free of charge but registration is mandatory.

Info. : Véronique Charbonneau  
418 844-2097 ou [coordo@munsgvdv.ca](mailto:coordo@munsgvdv.ca)

DATE	WHEN	WHERE	COST
Jan. 18	8 pm	Municipal skating rink	Free

MUNICIPAL SKATING RINK AND  
SKATING PATH

Path (freestyle skating, no hockey sticks)

**Sunday to Thursday: 10 am to 10 pm**

**Friday & Saturday: 10 am to 10 pm**

Covered skating rink

**10 am to 2 pm freestyle skating**

**2 to 4 pm freestyle hockey for families**

**4 to 6 pm freestyle skating**

**6 to 7:30 pm freestyle hockey (under 12 years)**

**7:30 to 9 pm freestyle hockey (over 12 years)**

**HOLIDAY SCHEDULE: CLOSED DEC. 25 & JAN. 1ST  
CLOSES AT 4 PM ON DEC. 24 AND 31**

PLEASE NOTE: this schedule applies at all times except when special events or activities are scheduled (ex. skating program 1 Sunday out of 2, hockey league Tuesday nights beginning at 8 pm). Adjustments could be made to the schedule according to the availabilities of the installations. At all times, users must respect safety precautions issued by the attendants on site according to evolving Public Health recommendations.

**HAVE A GREAT  
SKATING SEASON!**



## SGDV SKATING PROGRAM

(For parents/children)

- This activity is free of charge, but registration is required through Amilia.
- We offer parents the opportunity to be on the ice with their children, and therefore, to progress at the same pace as them, but it is not mandatory.
- The course content is similar to CanSkate, but since the program is not official, no accreditation will be given.
- The goal is to teach children basic skating skills and develop a love for ice sports. This is an outdoor activity for you and your children (in "parent/child" mode.) If a child would like to go further, he or she will be referred to either a CPA or a minor hockey program.
- Warm-up period
- Technical training + theory
- Group activities

**Mathieu Pelletier:**

Figure skater having evolved to the Novice competition level. Youth teacher for 2 years. Level 1 certification. Currently in training for the National Multisport Coach Certification Program.

**Jessica Bédard :** senior bronze level skater and crest teacher for 2 years.

**A Facebook page will be created to advertise the club and a private group will be set up for those registered in the program to keep them informed of inclement weather cancellations.**

Registration: **amilia**

Required equipment: skates and helmet (mandatory)

DATE	WHEN	WHERE	COST
Jan.23-30 Feb. 13-27 March 13	Sundays (1 out of 2) 8:30-10 am	Municipal skating rink 2217 Blvd Valcartier	Free





## LEISURE



Age group: 14 years and +

**SCHEDULE FOR THE HOLIDAYS:** Closed Dec. 24 to 27  
Closed Dec. 31 to Jan. 3

Schedule:

Monday to Thursday 5:30 am to 9 pm  
Friday 5:30 am to 7 pm  
Saturday 8 am to 2 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****amilia****COUNTRY LINE DANCING  
BEGINNERS LEVEL**

Line dancing courses only

**Teacher:** Sabrina Gauthier**Registration:**[www.dansecountrycm.com](http://www.dansecountrycm.com)Info: [dansecountrycm@hotmail.com](mailto:dansecountrycm@hotmail.com)

581-981-0688



DATE	WHEN	WHERE	COST
Jan. 19	Wednesday 7 to 8:30 pm	Community Centre	\$10/lesson* 12 weeks

\*PAYABLE IN CASH EACH WEEK

## TAI CHI

COURSE TO ADOPT THE PRACTICE OF TAI CHI CHUAN AND QIGONG FOR HEALTH

Information &amp; registration: 418 844-2866

André Poulin, Graduate of the  
International Institute of Medical QiGong  
(U.S.), approved by the Henan University  
of Traditional Chinese Medicine



DATE	WHEN	WHERE	COST
Jan. 17	Wednesday 9:30-11 am	Complex 2230 Blvd 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 Public Health recommendations in order to respect the evolution of the pandemic. 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
Jan. 11	Tuesday & Thursday 6:15—7:30 pm 7:45-9 pm (black belt)	Community Centre	\$110* 12 weeks Dobok \$55



## SUSTAINABLE LIGHTING FOR THE MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

The Municipality of Saint-Gabriel-de-Valcartier is upgrading its street lighting to light-emitting diode (LED) technology. The conversion of the 264 luminaires will be completed by the end of the year. As a result of this initiative, the Municipality will realize an estimated cumulative annual energy and maintenance savings of \$15,900.

This is an environmentally friendly project that will maintain the safety and comfort of citizens. The new fixtures are certified "dark sky", protecting the starry sky by reducing the light emitted towards the sky while limiting the intrusive light in the residences, thanks to their directional lighting.

It is possible to follow the progress of the work in Saint-Gabriel-de-Valcartier and to learn about the benefits of the street lighting modernization project offered under the program of the Fédération québécoise des municipalités (FQM) and the energy efficiency services company Energère at <https://lumieresurlequebec.ca>.



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](mailto:admin@munsgdv.ca)

**WEBSITE**  
**[www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)**

## DATES TO REMEMBER

### DECEMBER

- All month:  
Animated Christmas path and outdoor programming for Christmas
- Until Dec. 19:  
Food hampers campaign
- 1 Deadline to install winter tires
- 6, 13, 20, 27  
Bulk waste collection
- 19 Outdoor Family Day « Old fashioned Christmas » and official inauguration of the covered skating rink
- 19 -10 Library closed
- 24 - 4 Municipal offices closed

### JANUARY

- (Dog license renewal month)
- Week of the 4th:  
Special Christmas tree collection
- 4, 11, 18, 25  
Bulk waste collection

### FEBRUARY

- 1, 8, 15, 22  
Bulk waste collection
- 12 Classique hivernale (hockey tournament)
- 16 Family skate night
- 28 Mailing of municipal tax bills

Mid-February  
NEXT INDISPENSABLE