

VOL. 15, Issue 2 • FEBRUARY to end of APRIL, 2022

THE INDISPENSABLE



Together, in the  of NATURE



SAINT - GABRIEL
- DE -
VALCARTIER

HAPPY VALENTINE'S DAY!



Photo credit : Maureen Bédard



MUNICIPAL LIFE

P. 2



LEISURE

P.10-18



CIVIC LIFE

P. 3-5



PRACTICAL INFORMATION

P. 18



COMMUNITY LIFE

P. 6-9

THE MUNICIPAL OFFICES WILL BE CLOSED FRIDAY, APRIL 15 AND MONDAY, APRIL 18.

MUNICIPAL LIFE



Message from the Mayor



« I would like to take this opportunity to congratulate Carolyn McCarthy for 25 years of service as a municipal employee. Unfortunately for us, Carolyn will be taking her retirement at the end of February. Her conscientious work ethic and dedication to the Municipality will be missed »

Once again, the time has arrived to adopt our budget for the coming year. As usual, the members of council held several meetings with senior staff to analyze our position and the direction we want to take for the coming year. In 2021, we realized our major project with the roof over our skating rink. I think everyone will agree that the finished product is very spectacular, and we are very proud and pleased with the result.

Consequently, our total budget for 2022 is less than last year. The total budget for this year is \$ 7 607 270 and I am pleased to announce that our current tax rates will remain unchanged at \$ 0.34 for residential properties and \$0.47 for non-residential. We have been dealing with pandemic restrictions for two years now and we have tried to focus our resources on activities that can be enjoyed outdoors. The new skating rink as well as our skating path, our walking trail and the path linking us to Lac Delage (La Visite) fall into this category. This has allowed residents to have at least some social interaction during this trying period.

Five years ago, the Municipality entered into an agreement to rent a new building which houses our gym (Centre Physik) as well as the Historical committee. This facility has proved to be very popular. Our contract included an option to buy the property after five years and the municipal council has decided to exercise this option this year, making it our major project in 2022.

Finally, I would like to take this opportunity to congratulate Carolyn McCarthy for 25 years of service as a municipal employee. Unfortunately for us, Carolyn will be taking her retirement at the end of February. Her conscientious work ethic and dedication to the Municipality will be missed and we wish her the best in her well-deserved retirement!

CLARK'S BRIDGE - DRIVERS! A CALL FOR CAUTION!

Dear fellow citizens, some residents have been telling us lately about a problem that occurs when pedestrians want to cross Clark's Bridge. With the park right next to the bridge, this area is heavily used by walkers. Summer or winter, it is a popular area!

It seems it is very dangerous to cross the bridge on foot, vehicles pass quickly and very close to pedestrians. Pedestrians have to hurry to get on the boards on each side of the bridge. These are not very wide and they are not designed to be a sidewalk, but a structural part of the bridge. In the winter, it is even more difficult because the sides are not always cleared of snow. It would be preferable to yield to pedestrians and allow them to pass safely. We therefore appeal to everyone to be courteous, to slow down and to give priority to pedestrians crossing the bridge.

Thank you for your usual cooperation!





CIVIC LIFE

URBANISM

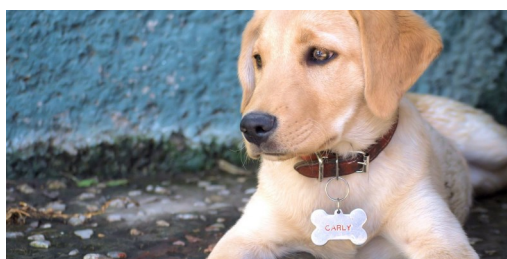
Winter Shelters

Winter shelters for either vehicles or for pedestrians at the entrance of a building, as well as snow fences and other winter protection are authorized in all zones from **October 1 to April 30 of the following year.**



DOG LICENSES

MUNICIPAL LICENCES ARE VALID FROM JANUARY THROUGH DECEMBER OF EACH YEAR. GET YOUR DOG TAGS AS SOON AS POSSIBLE ON THE AMILIA PLATFORM!



MUNICIPAL TAXES

MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

Province of Quebec

M.R.C. de la Jacques-Cartier



SAINT - GABRIEL
- DE -
VALCARTIER

PUBLIC NOTICE

Deposit of the general collection role for 2022

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

THAT the general tax collection role for 2022 has been completed and deposited at the municipal office at 2215 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, and that the municipal tax bills will be sent by mail on February 28th, 2022.

THAT the median proportion and the comparative factor for property values of units of assessment for the first year of the triennial roll are as follows

	For the 2022 assessment role	For the purpose of mu- nicipal tax bills
Median proportion	101%	100%
Comparative factor	.99	1.00

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 9th DAY OF FEBRUARY 2022.

Heidi Lafrance,
Directrice générale/greffière-trésorière

2022 MUNICIPAL TAXES — PAYMENT METHODS

You will be receiving your Municipal tax bill at the beginning of March.

The payment of the general land tax, the surtax on non-residential immovables, taxes and other compensations is to be made in a maximum of three (3) instalments. (Bills under \$300 must be paid in one payment).

The **first payment** must be made no later than **April 1st, 2022**. The **second payment**, if applicable, is due by **July 1st, 2022**. The **third and final payment**, if applicable, is due on **September 1st, 2022**. Therefore if the first payment is late, even by a few days, the privilege to pay in three (3) instalments is forfeited. The total balance of the account will have to be paid immediately with interest.

Please pay your tax bill on time in order to avoid annual interest rates of 12% payable on all late payments.

You may pay your municipal taxes in cash (at the counter), by cheque (at the counter, by mail or through the night deposit), by Interac (at the counter), by Internet or at a financial institution ATM. For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens for a total of 10 numbers.

CIVIC LIFE



MUNICIPAL TAXES

New Triennial Assessment Role 2022-2023-2024

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.

The assessment roll is an inventory of the properties situated on the territory of a municipality and reflects the real 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 8th, 2021.

To establish the real value, the 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).

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
- The real estate market recorded an average growth of 15.8% in residential land values.

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.

May one contest the new value on the assessment roll?

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) and 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 at Altus Group Assessment Department at 418-628-4703.



CIVIC LIFE

PUBLIC WORKS

Winter storms and garbage and recycling



The Public Works Department would like to draw your attention to a problematic situation during winter storms. Several bins are broken or destroyed every winter when they are wrongly placed on the roadside during a storm. To resolve this, several solutions are possible:

- Place bins in the driveway, at the edge of the curbside not on the roadside;
- Bring in your bins as soon as possible after they've been emptied;
- Avoid putting out your bins if they are not full.

These simple habits would reduce replacement costs and give a hand to snow removers!

Thank you for your collaboration!

FAULTY STREET LIGHTS

If you notice a faulty street light within the limits of the Municipality, please call **418 844-1218** and leave the coordinates of the faulty light.

Please note that repairs are carried out every two weeks.

Blk Waste Collection

The Municipality will collect bulk waste on a **weekly** basis. **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

Risk of frozen waterpipes and waterlines

Preventive notice—Important risk of freeze to municipal and private pipes and water lines

Even if we are experiencing milder weather, frost goes deep and can still cause the pipes to freeze. Some people are more at risk to sustain damages from frozen pipes.

Here are a few examples:

- Prior water main freezing;
- Underground conduit located under a cleared surface (driveway, sidewalk...);
- Property uninhabited for a prolonged period of time;
- Unheated or barely heated utility basement.

If one or more of these conditions apply to your property, please take the necessary precautions to avoid the freezing of your water line. In addition, we strongly suggest that you let a trickle of water flow (the size of a pencil) to allow a constant circulation in the pipes.



materials will not be collected during the weekly collections.

You may dispose of your bulk waste and renovation materials at the Saint-Gabriel-de-Valcartier Ecocenter (2329 Boulevard Valcartier). It is open on Saturdays from 8 am to 12 pm (noon). You may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage.

COMMUNITY LIFE

A PEEK AT THE PAST

The Heart of Nature – Agriculture

Although the soil in the Jacques Cartier Valley is not ideal for agriculture, and the number of frost-free days is not advantageous, the land, none the less, supported an early population and is still supporting an agricultural economy. In the early days, each farm grew food and raised animals to meet the family's needs. Later, when transportation became easier, "extras" were sold in the neighbouring villages and even in Quebec City, although a trip to the city would have been a full day ordeal. In the 1920s, some farmers were also raising foxes for pelts and small-scale turkey farming found its beginnings. At first, a small number of black turkeys were raised primarily for the Christmas trade. Later, they were replaced by white turkeys and the number of turkeys increased steadily. Today, with approximately 500,000 turkeys representing sales that approach ten million dollars, Valcartier represents 20% of the provincial turkey production.



HERALDIC EMBLEMS—COAT OF ARMS

In 2016, the municipal council made the decision to initiate the process to receive the heraldic emblems from the Crown of Canada under the powers exercised by the Governor General. Here is the first part of the coat of arms and its description. **Green and gold** are the emblematic colours of the municipality. Green also symbolizes nature and gold, sunny days, thus pointing out that Saint-Gabriel-de-Valcartier is a great place to live in with many green spaces.

The golden triangle on a green background suggests the geographic location of the municipality in the Jacques-Cartier River Valley, as well as the letter V for « Valcartier » and the name of the Canadian Armed Forces base located in the region.

The four-loop knot interlaced with a ring forms a compass rose. Symbolizing harmony and journeys, this type of Celtic knot represents here the municipality's sense of community and the exploration that led to its establishment. Furthermore, the cross formed by the four loops alludes to the municipality's history, the land having been first a Jesuits' property, then bought by four business men from the City of Québec, and finally organized in parishes.

The winged sextant is a visual interpretation of the municipality's name, the wings representing the Archangel Gabriel and the sextant, the French explorer Jacques Cartier. The wings also symbolize poultry, an important regional industry.

The yellow birch stands for local flora. Its splitting in two branches represents the bilingualism and solidarity that characterize the community, as well as its strong respect for nature.

The mural crown is a symbol of municipal authority.

The red poppy is a military symbol and it highlights the presence of the Canadian Armed Forces base Valcartier on the municipality's territory.

À L'UNISSON - AT NATURE'S TEMPO

Meaning "In unison at nature's tempo," this phrase combining words in French and in English highlights the community's bilingualism, harmony and rural lifestyle.

The turkeys represent white turkey farming, the main industry in the region.



MUNICIPALITÉ DE
SAINT-GABRIEL-DE-VALCARTIER
QUÉBEC

Registre public des armoiries, drapeaux et insignes du Canada
Public Register of Arms, Flags and Badges of Canada
Volume VIII, page 19, 15 septembre / September 2021

Héraut d'armes du Canada

Samuel L. Leduc
Arms

Chief Herald of Canada

The mounds, representing hills, and the **river** symbolize the regional geographical features, which are ideal for outdoor sports and make Saint-Gabriel-de-Valcartier a year-round destination for active travellers.

The log recalls the prominent role played by timber driving in the community's history.

The blue flag, the thistle flower and the clover symbolize respectively the municipality's province of Quebec, and the Scottish and the Irish settlers who established the community in the early 19th century.

The flag repeats the symbolism of the shield.



COMMUNITY LIFE

BACKYARD BIRDS—The Downy woodpecker

Surprisingly, there are over 198 species of woodpeckers in the world and 13 of these live in Canada. The best known of this species is undoubtedly the Downy woodpecker. In order to recognize the Downy woodpecker, this one is black and white and has a wide white stripe down the middle of its back. Small black and white tiles are outlined under its wings and its crown is black. Both male and female are roughly the same size but the male has a small scarlet-red patch, just like a red pompom behind the crown.

The Downy woodpecker looks a lot like the Hairy woodpecker but the Hairy woodpecker is bigger and in fact, you almost need to see both at the same time to better differentiate them but regular birders will recognize them by their beaks; while the Downy has a shorter beak than its head and the Hairy's beak is as long if not longer than its head.

The Downy woodpecker has the ability to dig holes in wood because of its straight, chisel-shaped beak made of solid bone. Its nostrils are covered with small feathers to prevent wood chips and dust from entering it. Its long and hairy tongue allows it to scavenge for food in crevices and behind bark. Like most woodpeckers, the Downy woodpecker is a climber. Its short legs with four toes; two facing forward and two facing back, allow him to grip securely.

The Downy woodpecker is an insectivore; therefore, it feeds most of the time on insects that fly or live in hiding; ants, moths and caterpillars are his primary food sources but in winter, plants, seeds and frozen berries take an important part of his diet and the little Downey will willingly go to feeders with suet blocks or peanut butter.

From February or March, a pair of Downey woodpeckers will signal to their entourage that they are taking possession of its nesting territory by browsing it and drumming their beaks on branches or other sound objects. You may have heard him drumming on your tin roof or wall; this is his way of marking his territory.

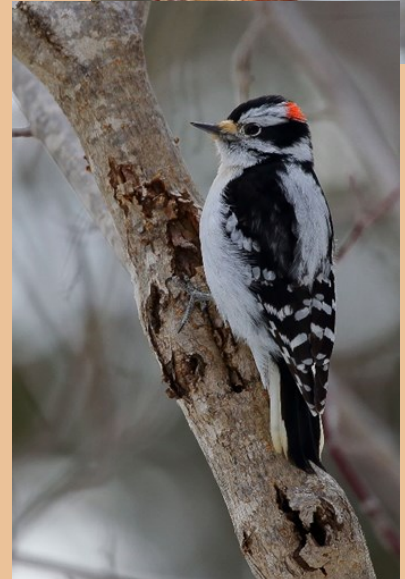
It is mostly the male who digs the nest while the female flies around and hunts intruders. The female will lay between 4 and 6 white eggs and both parents will take turns to warm the eggs every 15-30 minutes. The incubation will last just about 12 days until they hatch. The chicks weigh around 1.6 g and the parents will continue to warm them up as they did with the eggs occasionally bringing in small insects to feed them until they almost reach their adult size around the age of 17-18 days...Pretty fast, isn't it! At 5 weeks of age, they are able to be self-sufficient.

Among the predators of this little woodpecker is the American Kestrel, the Sharp-shinned hawk and the Cooper's Hawk but squirrels of all sorts as well as garden snakes will feed on the eggs if they are able to penetrate the cavity that serves as a nest.

The Downey woodpecker lives where there are trees and mixed forests and we are therefore blessed in our municipality to have such an abundance of trees of all kinds that serve well this little woodpecker. Fir, spruce and maple trees, fruit trees and shrubs wild or planted and even from time to time, small logs installed on poles with peanut butter, all to make its visibility easily accessible to our eyes.

This curious little woodpecker is among us all year round so get outside, make some nice discoveries and try to see the difference between the Downy woodpecker and the Hairy woodpecker which will be in an upcoming column.

Happy sightings ! Maureen



COMMUNITY LIFE



TEMPS D'AIDE—Home services

Did you know that Saint Gabriel de Valcartier residents could benefit from the following services?

Housekeeping, laundry, meal preparation, errands, spring cleaning, supervision of medication to be taken, health care (hygiene), keeping watch (respite for caregivers), getting up/starting the day, going to bed/ending the day, help with feeding, help with dressing.

Who are we? Our dedicated team provides you with high quality home help services. Whether it is for you or for a loved one, we remain attentive to your needs, to give you the helping hand that makes your daily life easier! Time Help, Home Help Business (formerly Aide à la Communauté et services à domicile) is a non-profit organization (NPO) that has been working in the region since 1986.

To reach us:

418-842-9791 or
info@tempdaide.com.



**Aide à la communauté
et services à domicile**

CHRISTMAS HAMPERS - THANK YOU

Once again we have successfully distributed 20 hampers to families or individuals in need. A huge thank you to the



following partners : Valcartier Elementary School, Joli-Bois Elementary school, Mont St-Sacrement High School , Roger Lamont Foundation, Marie-Kim and her initiative, local turkey farmers and to all individual donors who came forward with money or food. The need continues and our little pantry will always be available for those who need, because our community has proven to always have huge heart! May 2022 be kind to each and everyone of you! Pam

Need help? Contact : plaberge@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 but is assured by volunteers. You must simply compensate the volunteer for the reimbursement of their gas usage.

- ⇒ Fees vary from one area to another. For example, for

Quebec hospitals, the cost is of \$30 round-trip, 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 or to volunteer with our organization, you can contact us by calling **418-845-3081** or Pamala Hogan at **418-844-2097**, extension **226**.

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, for the transportation and accompaniment, 100 % of the compensation is returned to you.

COMMUNITY LIFE



EMERGENCY FOOD BANK

DID YOU KNOW...that the Municipality offers a small emergency food bank at the entrance to the Community Centre? This discreet service is for anyone who needs it.

TAKE IF YOU NEED / OR GIVE GENEREROUSLY IF YOU HAVE. THANK YOU!



CLOTHING DRIVE AND TEMPORARY THRIFT STORE TO BENEFIT VES

Following the great success of the fall collection and by popular demand, the Valcartier Elementary School PPO is once again holding its used clothing drive. In collaboration with the Municipality, a temporary thrift store will be set up in the basement of the Recreation Centre (2217 Valcartier Blvd.). You can drop off your bags of clothing from April 22 to May 28 at the side door. It's time to start thinking about cleaning out your wardrobe! For more information, contact Véronique Charbonneau, VES PPO manager at veronique_charbonneau@hotmail.com.

*** Please note that the collection and thrift store will be carried out or not, depending on the sanitary guidelines of the moment.**



ENTRAIDE DIABÉTIQUE DU QUÉBEC - DONATION BINS

As you have probably already noticed, the used clothing bin, accessible at all times, has been moved to the parking lot of Valcartier Elementary School (2224 Boulevard Valcartier).

SENIORS ACTION QUEBEC

A network for seniors, by seniors. Plenty of resources, a useful, practical tool to have on-hand.

[https://](https://www.seniorsactionquebec.ca)

www.seniorsactionquebec.ca



SARP

Senior Access Recreation Program

Program for residents 55 years and over from Saint-Gabriel-de-Valcartier.

A single membership gives you access to several activities by the session or a la carte.

Examples of included activities:

- › 50+ exercices
- › Taï Chi
- › Chair Yoga
- › Physik Centre (gym)
- › Coffee and chat
- › Men's pool get-together (up coming)
- › Music practice room (up coming)
- › Painting and crafting activities
- › Discovery workshops (tea, computers, health, judicial information...)
- › Collective kitchens (up coming)
- › And much more to come!

Information : 418-844-1218 or coordoloirsirs@munsgdv.ca

Cost : 30\$ annually



LEISURE



SKATE NIGHT

and official INAUGURATION OF THE RINK

FEBRUARY 23, 2022
5 PM TO 8 PM

- ★ Disco night, DJ and lights
- ★ Churros Foodtruck (\$)
- ★ Soup, coffee and hot chocolate (free)

Decorate your helmet!



Wear fluorescent colors!

Vaccination passport required for 13 years and older

Benches installed outside to put skates on

Site capacity: 250 people

Limited capacity on the ice

Skates or not, come and have fun!



LEISURE



MARCH BREAK

If you are between 5 and 12 years old and want to make the most of your spring break, the Municipality offers a wide range of activities that will meet your interests! We will do our best to offer you a variety of fun, dynamic and safe activities. Watch for the March Break program which will be available on the Facebook page of the Municipality and distributed to the schools.

You can also watch for the programming offered on the military base at:

<https://www.cafconnection.ca/Valcartier/Adults/Sports-and-Recreation.aspx>

WALKING PATH

The Municipality has built and maintained a beautiful walking path for everyone for a few years now behind the Community Centre. While it is pleasant to walk on it, what is sometimes less pleasant is walking on or around pet droppings.

Garbage bins and bag dispensers have been installed at both entrances to this beautiful lighted trail, so there is no reason to find these unpleasant gifts. Please be civil to others and pick up after your pets. Also, if you have added Christmas decorations to our trail, we thank you and remind you that it is your responsibility to pick them up before spring. Thank you for your help!



RINK AND SKATING PATH

The skate locker room is open from 10:00 am to 9:00 pm, Sunday to Thursday and from 10:00 am to 10:00 pm on Fridays and Saturdays. Please note that the rink is reserved on Tuesday evenings from 8:00 pm to 9:30 pm for the adult friendly hockey league, a leisure activity organized in collaboration with the Municipality, and on Sunday mornings for skating lessons from 8:30 am to 11 am. The skating path remains accessible during the activities organized on the rink. The hours may change without notice according to changes in sanitary measures.

All sanitary measures apply inside the locker room: wearing a mask, 2 meters distance between family bubbles, hand washing. Maximum 25 people at a time in the skate room. Equipment (skating aids and shovels) is disinfected after each use. Handles and surfaces are also disinfected regularly by our employees.

Schedule :

10 am - 12:30 pm:	Free skating, no stick (rink & path)
12:30-2 pm:	Free hockey for families
2 - 4 pm:	Free hockey (over 12 years)+
4 - 6 pm:	Free skating, no stick (rink & path)
6 - 7:30 pm:	Free hockey (under 12 years)
7:30 - 9 pm:	Free hockey (over 12 years)

Helmets must be worn at all times for children under 12 years old during hockey periods and strongly recommended at all times. Wearing a mask and distancing are mandatory inside. Please note that hockey periods are reserved for SGDV residents with one guest allowed.



LEISURE



From January 10 to March 14, 2022



BABYSITTERS

Have you passed your babysitting course? Do you love playing with and caring for children? If you want to give us your name, phone number and sector, we will have an updated list of potential babysitters if families ask for names! 418-844-1218 or coordoloisirs@munsgdv.ca.

THE **CLUB ADOS**
IS LOOKING FOR
ANIMATORS

- ☒ YOU'RE DYNAMIC?
- ☒ YOU'RE 18 + ?
- ☒ YOU'RE STUDYING IN A YOUTH-RELATED FIELD?
- ☒ YOU'RE FULL OF NEW IDEAS?



WE HAVE A JOB FOR YOU!

418-844-1218 or by email : coordoloisirs@munsgdv.ca



YOU ARE LOOKING FOR A SUMMER JOB?

COME WORK WITH US AT THE
SUMMER CAMP!



TO SEND YOUR APPLICATION OR INFORMATIONS
418-844-1218 / COORDOLOISIRS@MUNSGDV.CA

LEISURE



Au Grand Air
ÉDUCATION PAR LA NATURE



EXPLORERS CLUB VALCARTIER

Au Grand air is a worker cooperative that offers nature education activities for children.

We want to promote the overall development of children by offering a different education focused on a **harmonious relationship with nature**. We want to develop in children a **sensibility for nature** and encourage healthy risk taking.

The goal is to arouse **wonder, creativity and benevolence** in children, thanks to **nature**.

Who : 4 - 12 years old

When : Sunday March 20, from 9 to 12 am

Cost : 180 \$ per child, for 10 weeks

Where : Saint-Gabriel-de-Valcartier
Municipality Soccer field

For information : infoqc@augrandaireducation.ca



NEW
LEISURE
ACTIVITY
amilia

What to bring?

- Snack
- Water bottle
- Small Backpack
- Clothes for playing outside

2022 SUMMER PLAYGROUND YOU! HEY YOU!

You, yes you...calling all children who went to school online...we hope you'll come join us at the Playground this summer and play outside! It's going to be a great summer and we're going to enjoy it! The Playground dates are June 27 to August 12 and your parents will be able to register starting May 1. We will be sending out more information about the theme, costs, new features, etc. during the month of April to the schools, on the Municipality's website or on the Municipality's and Playground Facebook pages. We look forward to seeing you!

LOOKING FOR SOCCER VOLUNTEERS

The Black Bear Soccer Club is looking for volunteers to get involved as coaches, assistants or managers! We are also looking for parents interested in getting involved with Timbits, soccer for toddlers! Your involvement makes a difference!

Contact us at the following address:
soccervalcartier@gmail.com



SOCCER

Registration will take place through **amilia** from February 15th to March 19th. Since the costs are not yet established, they will be sent to you by email before the beginning of the registrations (for those who have already registered with us), posted on our Facebook page (St Gabriel de Valcartier Black Bears Soccer Club) and also available on Amilia during the registration period. Depending on the number of registrations received, we will be able to confirm the groups offered afterwards.



LEISURE

INTRODUCTION TO BASEBALL

The philosophy of this activity is to develop the children's motor skills, as well as those related to baseball, by offering them an enjoyable, fun and positive sport environment.

Equipment required:

Ages 5 to 7: cleats, baseball glove

8 to 12 years old: cleats, baseball glove, athletic support

Registration: [amilia](#)

Information: Laurent Issa via Messenger or Facebook (baseball mineur SDGV)

I need a few parents to get on the field with me. You don't have to be a baseball connoisseur, just willing to give your time and have a positive attitude towards the kids. I look forward to seeing you this summer!



DATE	WHEN	WHERE	COST
May 28	Saturday 9-9:45 am (5-7 years) 10-11:15 am (8-12 years)	Community Centre (2215 Blvd Valcartier)	\$35 or \$60/family 12 weeks

CLUB ADOS

Follow our us on our Facebook page to find our opening hours and what's happening. New activities coming up!

CARICATURE WORKSHOP

This workshop will allow young and old to learn to master the different facets of the caricature profession. They will become familiar with the different notions of the profession and will also be able to put into practice what they learn.

Age group: 12 to 17 years

Teacher : Martin Bouchard, caricaturist

Min. 12 participants to start the course, max 20 participants

Registration: [amilia](#) before March 18



DATE	WHEN	WHERE	COST
April 1	Friday 6:30 - 7:30 pm	Community Centre (2215, Blvd Valcartier)	\$135/8 weeks

NEW
LEISURE
ACTIVITY!

HOME ALONE

Age group: 9 years and over

Registration : [amilia](#) before February 18

Info : 418-844-2097 or coordoloisirs@munsgdv.ca

Min. 11 participants to start the course, max. 30

DATE	WHEN	WHERE	COST
Feb. 27	Sunday 9 am-3 pm	Community Centre (2215 Blvd Valcartier)	\$55



BABYSITTING

Age Group : 11 years and over (or in 6th grade)

Registration : [amilia](#) before March 1st

Min. 11 participants to start the course, max. 30

Info : 418-844-2097 or coordoloisirs@munsgdv.ca

DATE	WHEN	WHERE	COST
March 10	Thursday 8:30 am - 4:30 pm	Community Centre (2215 Blvd Valcartier)	\$60

CIRCUS WORKSHOPS

Age Group : 6 years and over

This workshop will allow young people to deepen their knowledge of different facets of the circus arts. They will learn about juggling, balancing, dance, theatrical expression and hula-hoop. A small show will be put on at the end. Some guests will be present for different disciplines.

Teacher : Ryu, professional juggler/multidisciplinary circus artist

Min. 10 participants to start the

Course, max 15 participants

Registration : [amilia](#) before March 18



DATE	WHEN	WHERE	COST
April 2	Saturday 1 – 2 pm	Sports Centre (2217, Blvd Valcartier)	\$145/6 weeks



LEISURE

ZUMBA

Come dance with us!

Info. : Laury Fortin
lauryfortin1@gmail.com

Promotion: \$20 discount when you invite a friend



DATE	WHEN	WHERE	COST
To be confirmed	Wednesday 7 - 8 pm	Sports Centre (2217 Blvd Valcartier)	\$120 / 12 classes

HATHA YOGA FOR BEGINNERS

Spring session

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

Teacher: Marylin Parent

Registration : 418 844-3916

parent_marylin@hotmail.com

or Facebook page



DATE	WHEN	WHERE	COST
April 5	Tuesday 7:30-8:45 pm Thursday 9:30-10:45 am	Complex (2230 Blvd Valcartier) 1494 5th Ave.	\$120/10 classes

COUNTRY LINE DANCING BEGINNER LEVEL

Line dancing classes only

Teacher : Sabrina Gauthier

Registration :

www.dansecountrycm.com

Info : 581-981-0688

dansecountrycm@hotmail.com

*PAYABLE IN CASH EACH WEEK



DATE	WHEN	WHERE	COST
To be confirmed	Day to be confirmed 7 - 8:30 pm	Community Centre	\$10/class* 12 weeks



Age Group : 14 years +

REGULAR 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 aged 14 to 25 years)

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

→ 50% discount (except card and session prices)

1 session: \$5/person

Card for 20 sessions: \$60/person

amilia

Non-residents: \$20 extra

Tel. : 418-476-1053, **COMPLEX 2230 BLVD VALCARTIER**

HIIT TRAINING

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

What are you waiting for?

Clientele: people with no health problems who want to optimize their training time (depending on the progression and intensity)

*Free for Centre Physik members

Non-members: \$5 per session

Registration **amilia** sporadic use section in Centre Physik (QR Code mandatory)

DATE	WHEN	WHERE	COST
To be confirmed	Tuesday 6:30 - 7:15 pm	Complex (2230 Blvd Valcartier)	Free*

DO YOU HAVE AN ACTIVITY YOU WOULD LIKE TO SUGGEST?

If you have an idea for an activity or leisure activity that you would like us to set up, do not hesitate to contact us!

418-844-2097 or coordoloisirs@munsgdv.ca

LEISURE

FITNESS TRAINING 50 YEARS AND OVER

Outdoor fitness that gives you the tools to stay in shape or get back in shape. Newcomers always welcome to try it out!

Equipment required: clothing adapted to the temperature, sneakers/boots, water.

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

Registration : **amilia**

QR code mandatory.



DATE	WHEN	WHERE	COST
April 26	Tuesday 9:30 - 10:30 Thursday 1:30 - 2:30 pm	Community Centre path or under the shelter	\$45 (or included with SARP)

KNITTING GROUP

Do you practice yarn arts such as knitting, crochet, embroidery or macramé? Would you like to meet other people who share these interests? Join our knitting group! Please note that this is not a class, but a group to meet and exchange ideas.

Info : 418-844-2097 / coordoloisirs@munsgdv.ca

Registration mandatory: **amilia**

QR code mandatory.

DATE	WHEN	WHERE	COST
Feb. 21	Tuesday 1:30 pm	Municipal Library	Free

SINGING GROUP

Because singing is good for you! Singing brings people together and allows for beautiful exchanges. There is no concert, the objectives are pleasure and relaxation. No need to know how to sing or how to read music. Open to all.

Info : 418-844-2097 / coordoloisirs@munsgdv.ca

Registration: **amilia** Qr code mandatory

DATE	WHEN	WHERE	COST
TBD	Monday 7 pm	Community Centre	Free

SENIOR HERO COURSE

The objective of this training is to empower people 55 years and older to intervene with their family and friends during a cardio-respiratory emergency and basic first aid, in a quick and efficient manner.

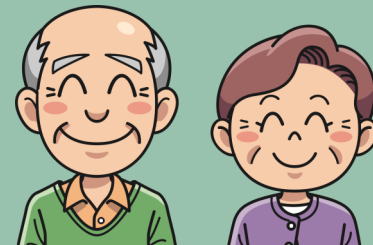
Also, to allow people with physical limitations to be able to practice or show the gestures to someone who can perform them for them. Training given in 2 parts of 3 hours. (CPR / First aid)

16 participants maximum (QR code mandatory)

Registration : **amilia** before March 7

Info : 418-844-2097 / coordoloisirs@munsgdv.ca

***Free for SARP members or \$25 /part**



DATE	WHEN	WHERE	COST
March 21 (CPR) March 28 (1st Aid)	Monday 9-noon	Community Centre	*Free \$25/ part

INDOOR PÉTANQUE

***Bring your own equipment**

Info : 418-844-2097 / plaberge@munsgdv.ca

Registration and QR code mandatory **amilia**



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

PICKLEBALL
(MEN AND WOMEN)

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

Registration mandatory: **amilia**

QrR code mandatory.



DATE	WHEN	WHERE	COST
Spring According to temp.	Monday 6:30 pm Wednesday 6:30 pm	Covered rink	Free*



LEISURE

AIKIBUDO (auto-défense)

A traditional Japanese martial art without competition. The action is focused on self-defense. An efficient and precise art based on protection, immobilization and joint control. Its practice develops self-control and respect for others. Kobudo (weapons handling) is practiced as an educational discipline.

Age Group : 16 ans et plus

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
April 4	Monday 7 - 8:30 pm Wednesday 7 - 8:30 pm	Complex 2230 Blvd Valcartier	\$115 + \$45 (affiliation fees) 8 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 practice of the techniques is progressive and students are trained 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
April 5	Tuesday & Thursday 6:15—7:30 pm 7:45 - 9 pm (black belts)	Community Centre	\$110* 10 weeks Dobok \$55

CREATING FOR PLEASURE! (FORMERLY PAINTING FOR PLEASURE)

Are you a budding artist? You want to share your passion or meet other artists? Come and join us! Beginners, you are welcome! All mediums are interesting... oil, watercolor, acrylic, charcoal, drawing, etc. Your talents can be practiced on canvas, wood, rock...no limits! Considering the difficult times we are going through, these workshops represent a very beneficial social activity for both the mind and the body. Beautiful human contacts while respecting the sanitary rules!

Bring your own equipment but it is possible to try out equipment on site.

Information : 418 844-2097/coordoloisirs@munsgvdy.ca

Registration : **amilia** (QR code mandatory)



DATE	WHEN	WHERE	COST
TBD	Wednesday 1- 4 pm	Complex 2230 Blvd Valcartier	Free

TAI CHI

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

Information : 418 844-1218/ coordoloisirs@munsgdv.ca

Registration : **amilia** QR code mandatory

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
March 9	Wednesday 9:30-11 am	Complex 2230 Blvd Valcartier	\$120 10 weeks

PRACTICAL INFORMATION



FIRE SAFETY SERVICE

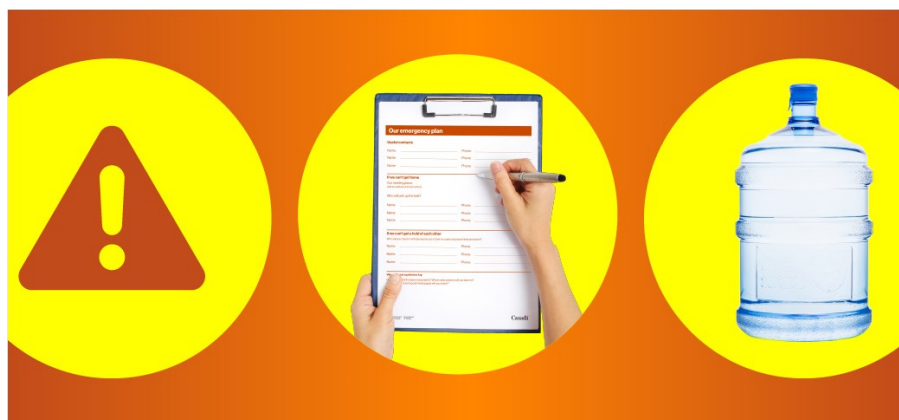
GET PREPARED!

Emergencies can happen at any time and without warning. Be ready. With a little preparation, you can respond quickly to help yourself and others. Understand the risks in your area, create a household emergency plan and build an emergency kit.

<https://www.getprepared.gc.ca/index-en.aspx>



**AFTER A SNOWSTORM,
FOR YOUR SAFETY, CLEAR
THE SNOW FROM YOUR
HOME'S WINDOWS AND
EXITS**



On March 13, we set the clock forward, check our smoke alarms and change the batteries.



MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

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

Telephone: 418 844-1218

Fax: 418 844-3030

E-mail: admin@munsgdv.ca

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

MUNICIPAL LIBRARY

Story hour: scheduled for April 8, according to health instructions.

Opening hours:

Tuesday 6:30 to 8:30 pm

Wednesday 6:30 to 8:30 pm

Saturday 1 to 4 pm

Any changes to the schedule due to the pandemic will be posted on Facebook.

Follow us on Facebook for all the latest news! Tel.: 418-844-4040

Lisez
**VOS MAGAZINES
PRÉFÉRÉS
en numérique**

GRATUIT
AVEC VOTRE
ABONNEMENT À
LA BIBLIOTHÈQUE

