

VOL. 15, Issue 4 ■ SEPTEMBER to MID-DECEMBER 2022

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: Jonathan Girard



MUNICIPAL LIFE

P. 2-3



CIVIC LIFE

P. 4-6



COMMUNITY LIFE

P. 7,16



RECREATION

P. 8-16



PRACTICAL INFORMATION

P. 16

THE MUNICIPAL OFFICES WILL BE CLOSED ON MONDAY, SEPTEMBER 5 AND MONDAY, OCTOBER 10.

MUNICIPAL LIFE



A WORD FROM THE MAYOR



As most of you are aware, this year the municipal Council voted to place a moratorium on the biological control treatment for biting insects (mosquitoes and black flies). The

Municipality received comments and testimonies from some citizens during the summer period and therefore wishes to conduct a survey this fall to determine if the treatments will resume in 2023. We will count on your participation.

In June of this year, you received correspondence from the municipal inspector informing you that the Government of Quebec has amended the Regulation respecting the safety of residential swimming pools and

therefore there are no longer any acquired rights. Recently, the Ministry of Municipal Affairs and Housing (MAMH) has changed the deadline for compliance obligations. Residential pool owners will have until September 30, 2025 instead of July 2023 to comply with the requirements of the Regulation. In the meantime, I am asking for the cooperation of citizens to ensure that their facilities meet these requirements. It's important to keep in mind that swimming pools are a significant drowning hazard for young children.

The weekend of August 19 and 20 will mark the return of the traditional Family Day and Slo-Pitch Tournament. The Sports and Recreation Department and many volunteers have been involved in the preparation of this event for some time now and we look forward to seeing many of you there. The return of our Public

Market was a great success. Three market days have been planned for this summer, the last of which will be held during Family Day on August 20. Thank you to the artisans!

The BBQ organized by the Fire Safety Department to benefit the Byron McBain Fund will be held on September 4. Don't forget to reserve your meal!

Finally, in the last few months, we have welcomed two new building attendants: Réjean and Éric. They are responsible for the surveillance and security of the municipal buildings and grounds and for ensuring that the rules and regulations are respected. You can ask them to provide you with the necessary (sports) equipment for the various activities on the municipal grounds.

Brent Montgomery

A FAMILIPRIX BRANCH OPENS IN SAINT-GABRIEL-DE-VALCARTIER

A Familiprix branch opened its doors on June 23 to serve the population of Saint-Gabriel-de-Valcartier and its surroundings. Owned by pharmacists Léane Boiteau and Hélène Boucher, this new pharmacy is located at 2240 Valcartier Boulevard and is the first health services business located in the heart of the Municipality. The two pharmacist-owners wish to get involved in the community and are happy to be able to meet their clients. "The ultimate goal is to make this pharmacy a reference point for the health and well-being of the population," they explain. The pharmacist-owners and their team will be able to advise their customers on health matters and offer them a wide range of professional services to meet their needs. The entire team looks forward to seeing you!



From left to right:
Jean-Philippe Simon, Vice-President, Business and Professional Services and Louis Gauthier, Assistant Retail Manager, Familiprix, Léane Boiteau and Hélène Boucher, Pharmacist-owners et Brent Montgomery, Mayor of Saint-Gabriel-de-Valcartier.

MUNICIPAL TAXES

Final payment of 2022 municipal taxes

We remind you that the third and final payment is due on September 1st, 2022, 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 2023 annual tax bill will be mailed the first week of March.

MUNICIPAL LIFE



PUBLIC WORKS

ÉCOCENTRE SAINT-GABRIEL-DE-VALCARTIER

What is an Ecocentre?

An Ecocentre is available for residents who want to dispose of products, materials and substances that are not accepted in the garbage or recycling collection. An ecocentre is not a dump site.

These materials are recovered and recycled so that their component materials can be recovered. In the case of materials that cannot be recycled, the Municipality ensures that they are disposed of in a healthy and environmentally responsible manner.

The items you bring to the Ecocentre are not reused. If you wish to have them reused, you must contact a recycling centre.

What can I bring to the Ecocentre?

- Household hazardous waste HHW (oils, paints, batteries, light bulbs containing mercury (hg))
- Tires and rims
- Dry materials (asphalt shingles, mixed wood, mixed gypsum, mineral wool and derivatives, plastics, mixed polystyrene, construction materials)
- Branches, landfill, leaves, concrete, stumps
- Textiles (couches, mattresses, upholstered or patio furniture, rugs, canvas, tarps)
- Metals (appliances, sheet metal, pipes, etc.)
- Electronic devices.

What materials are not accepted?

- Household waste (anything you might throw away in your household garbage)
- Recyclable materials (anything that goes in your recycling bin)
- Contaminated soil
- Commercial and industrial materials, products and objects are not accepted (including oversized tires)
- Explosive materials
- Dead animals
- Medical waste (medications, syringes, etc.)

Instructions to be respected:

- Children and pets must remain in the vehicle at all times
- Make sure you arrive at least one hour before the Ecocentre closes to allow time to unload your materials
- When you arrive, list the materials you are bringing to the attendant who will tell you where to put them
- You can bring up to 5 cubic meters of material per visit
- Proof of residence is required
- Materials deemed too bulky may be refused at the site.

Schedule and location: 2329 Valcartier Blvd. Valcartier

Summer: Friday 9am to 4pm Saturday 8am to 12pm

Winter (Nov. to March): Saturday 8am to 12pm

Thank you for your cooperation and for keeping the site clean.

SERVICE FOR CITIZENS



DID YOU KNOW THAT...

CITAM
Une division de CAUCA

YOU ARE ANSWERED BY A CALL CENTER SPECIALIZED IN THE MUNICIPAL ENVIRONMENT



**MUNICIPAL
EMERGENCIES**

**DIAL THE FOLLOWING
418 844-1218 #8**

**La Visite Path—Link to Lac Delage**

IMPORTANT INFORMATION

Hunting activities may take place on this territory.

Please be vigilant!

Bear hunting

September 10 to 25 & October 1st to 16, 2022

May 15 to June 30, 2023

Moose hunting

September 10 to 25 & October 1st to 16, 2022

Deer hunting

November 5 to 13, 2022

Small game

September 17, 2022 to March 31, 2023

During these periods, we ask that you:

- Stay on the path
- Keep dogs on a leash

Thank you for your cooperation!



CIVIC LIFE

RECOGNIZING AND ELIMINATING GIANT HOGWEED

This plant is invasive and contact with its sap combined with exposure to sunlight can cause skin lesions similar to burns. To properly identify it and to know the safe procedure to eliminate it, consult:

(www.environnement.gouv.qc.ca).



It should be noted that this species has been found on the territory of the Municipality this year. Everyone's vigilance in eradicating the Giant Hogweed can only benefit the entire population.

REPORTING THE PRESENCE OF GIANT HOGWEED

Contact the Municipality or go to the MELCC website to fill out the form to report the presence of the plant in your environment. **Take a picture of the plant to allow the MELCC professionals to confirm your observation.**

SOMMET BLEU CONTAINERS PROHIBITED TO DISPOSE OF BULKY ITEMS

PLEASE REMEMBER THAT THESE CONTAINERS ARE FOR THE EXCLUSIVE USE OF RESIDENTS OF THIS AREA WHO DO NOT HAVE GARBAGE AND RECYCLING SERVICES. THEY ARE NOT PUBLIC CONTAINERS.



SPECIAL LEAF COLLECTION

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 October 31st**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.



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

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.



CIVIC LIFE

URBANISM BY-LAWS

BEST PRACTICES FOR SEPTIC TANK OWNERS

Some products are harmful to the treatment of domestic wastewater and can contaminate groundwater and surface water when entering a septic system. Some products can also increase the amount of sludge and grease accumulated in the septic tank, cause premature clogging of the prefilter and require more frequent emptying of the tank. It is therefore very important not to dispose of them in your septic system.

- The following are examples of products that should not be disposed of in your septic system (neither directly into the tank, nor through your toilets or sinks):
- Paint;
- Toxic or flammable products;
- Floor waxes, carpet cleaners;
- Products for unclogging pipes;
- Chlorine, chlorides, products for the maintenance of a spa or a swimming pool;
- Medication;
- Large quantities of household cleaning products (the use ecological household products is recommended);
- Cat litter, tea bags, ground coffee, egg shells, dryer lint and cigarette butts;
- Newspaper, paper towels, sanitary towels, diapers and condoms;
- Oils, cooking grease and body oils;
- Tissues and hair.



In fact, it is best to use the toilet only for what it was designed for and not to flush anything else down the toilet. Tissues and other waste should be put in the garbage rather than in the toilet.

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, its representative or a qualified third party with the stipulation that a minimum annual maintenance of the system will be carried out. The owner must file a copy of the contract with the Municipality as well as a copy of the inspection report before December 31 of each year. Penalties of \$ 1000 can be given to the offender.

Source: Gouvernement du Québec

A BUILDING PERMIT IS REQUIRED FOR...

Any construction, addition or implantation of a structure, septic system or groundwater collection system; or any enlargement, alteration, modification, repair, reconstruction or renovation of an existing structure, part of a structure or septic system or groundwater collection system (including the addition of an extra bedroom in a residence or, in the case of another building, an increase in the capacity of operation or use), is prohibited without first obtaining a building permit.

However, **a building permit is not required for the following:**

- A dog house (for non-commercial purposes);
- A pergola or a gazebo ;
- A small prefabricated storage building with a maximum floor area of 6 m² (8' x 8')
- A heating oil or propane gas tank for non-commercial purposes;
- An amateur radio antenna or digital antenna;
- A removable private playground equipment (ex.: module, trampoline, basketball hoop, etc.) (residential lot), non-commercial;
- An outdoor fireplace (independent of the main building);
- A clothesline;
- A vegetable garden, a garden;
- A swimming pool with a water depth of less than 60 centimeters and which does not have a filtration system;
- A residential parking lot;
- Landscaping including a border, hedge, tree, shrub but excluding walls and fences;
- Temporary constructions (ex.: snow fence, winter shelter, etc.);
- Usual maintenance work (e.g.: painting, staining);
- The repair or replacement (partial or total) of an exterior component of a construction (e.g.: exterior siding of walls, roof, door, window, staircase), on the condition that it retains the same surface area and dimension;
- The repair or replacement (partial or total) of an interior component of a construction (e.g.: floor covering, bathroom, kitchen cabinet), on the condition that the same surface area, the same dimension, the same structure, the same partitions are maintained.

Note: In the case where a construction permit is not required, the applicable provisions contained in the urbanism by-laws must still be respected.

CIVIC LIFE



**THE FIRST
PERSON
RESPONSIBLE
IS YOU!**

Fire Prevention Week

October 9 to 15, 2022

Votre
gouvernement

Québec

FIRE SAFETY SERVICE

BYRON MCBAIN FUND LABOUR DAY BBQ

This community fundraiser is organized by the Fire Safety Services and will be held on **Sunday, September 4** at the Valcartier Community Center.

The number of chickens is limited, so **YOU MUST RESERVE YOUR CHICKEN!**

(½ chicken with salad, bun and dessert for \$15)

Games for children: 4 pm **Dinner served: from 5 to 7 pm**

To reserve: 418 844-1218 (ext. 230) | incendie@munsgdv.ca



**PLEASE, FACILITATE
PASSAGE
FIREFIGHTER**



FLASHING GREEN

**HALLOWEEN
Safety Route:**

Follow our Facebook pages as the Halloween festivities unfold.



The Fire Department and the Sports, Recreation Culture and Community Life.



Do you have suggestions for us?
Don't hesitate to contact us with your ideas for activities or leisure activities!

We are always looking for teachers for chair yoga classes as well as for musical discovery for 0-3 year olds. Please let us know if you know someone!

**Sports and Recreation
Department**
coordoloisirs@munsgdv.ca



COMMUNITY LIFE

HERITAGE LIVE

SAINT-GABRIEL-DE-VALCARTIER
HISTORICAL COMMITTEE

Saturday, August 20, 2022, 1 to 4 pm
Complex, 2230 Boulevard Valcartier
or on-line on Facebook



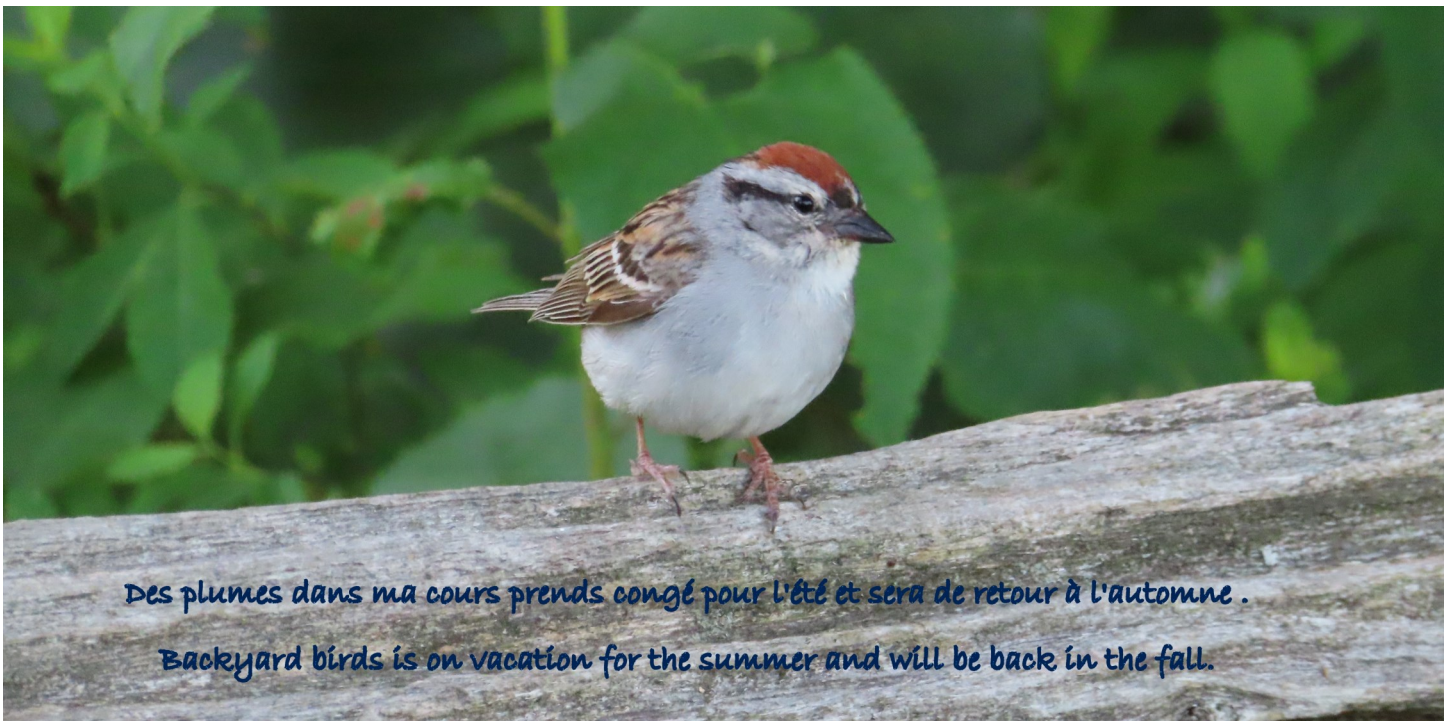
- Archives Open House
- Heritage Kiosks
- Inauguration of the newly framed 1896 Map of Redmond Road
- Live music in the tradition of the old house parties
- Old-fashioned Quilting Bee
- And maybe a few surprises!



1. In collaboration with Family Day
2. Free admission for all ages
3. Drop by or join us all afternoon
4. Watch for updates and teasers at www.valcartier1816.com and on Facebook: Comité Historique Saint-Gabriel-de-Valcartier Historical Committee

This event is co-sponsored by the Quebec Anglophone Heritage Network (QAHN) with support from the Canadian Heritage's Recovery Fund for Arts, Culture, Heritage, and Sport Sectors.

Backyard Birds—by Maureen Bédard, Councillor



Des plumes dans ma cours prends congé pour l'été et sera de retour à l'automne .

Backyard birds is on vacation for the summer and will be back in the fall.

JOURNÉE **FAMILIALE**

Friday August 19, 2022

- Beer Garden (18+) 6 pm - midnight
- Club Ados Canteen 6 pm
- Slow-Pitch Tournament 6:30 pm
- Family Movie 7 pm

"Spiderman - No Way Home"

Featured in English - Bring your chairs



In collaboration with :



Éric Caire
Député de La Péninsule
Ministre de la Sécurité
et du Numérique
Ministre responsable de l'accès
à l'information et de la Protection
des renseignements personnels
418 877-5260
Eric.Caire.LAPE@assnat.qc.ca



Saturday August 20, 2022

Baby and Toddler Zone
Family Zone
Senior Zone

Slow-Pitch Tournament

Public Market 

Fire Department Open House

Timbits Soccer (end of season) 

Beer Garden (18+)

Food Trucks

(Mexican - Smoked meat - Deluxe Grilled cheese - Hot-dogs)

Historical Committee Open House

Caricaturist (Martin Bouchard)

Face Painting

Pound Demo-Workshop

Family Painting Workshop

Mini Carousel for Toddlers

Arcade Zone

Kermesse (open air competitions)

Fireworks

Band (Bestov)

10 am

10 am - 4 pm

10 am - 4 pm

11 am

noon

11 am - 6 pm

1 pm - 4 pm

1 pm - 4 pm

1 pm - 4 pm

noon - 2:30 pm - 5 pm

11 am - 6 pm

11 am - 6 pm

11 am - 6 pm

11 am - 4 pm

Evening

Evening



1 pm - 4 pm



11 am - 6 pm



noon - 2:30 pm - 5 pm



after fireworks

LEISURE



LOTS OF new stuff AT THE CLUB ADOS

This fall, we have new ideas and lots of really cool workshops for you to enjoy! Follow our facebook page for all the info and schedule!



Clubados Valcartier

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 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



MUNCIPAL LIBRARY

Opening hours: Tuesday 2:30 to 8:30 pm
Wednesday 6:30 to 8:30 pm
Saturday 1 to 4 pm.

HALLOWEEN STORY HOUR: Friday, October 28.

Follow our Facebook (Bibliotheque SGD V Library) for developments and details.

You can also check out the NEW BOOKS photo albums on Facebook to see our newest purchases.

NEW** Virtual Reality Headsets are now available at the library for members aged 13 and over.

For more information:
www.mabibliotheque.ca/st-gabriel or call 418-844-4040 during operating hours.



LEISURE



REGISTRATION IS DONE THROUGH THE AMILIA PLATFORM ON THE MUNICIPALITY'S WEBSITE, EXCEPT WHERE SPECIFIED IN THE COURSE DESCRIPTION.

To facilitate reimbursement, please prioritize payment by credit card.

HATHA YOGA

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



DATE	SCHEDULE	WHERE	COST
Sept. 20.	Tuesday 7:30 to 9 pm Thursday 9 am	Complex 2230, boul. Valcartier 1494, 5e Ave.	\$120/10 lessons

WELLNESS AND BRAIN GYM

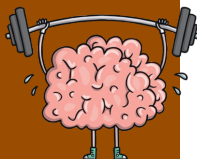
Brain Gym is for those who wish to integrate gentle yet vitalizing movements into their daily lives and who would like to experiment with new ways to explore their potential for wellness. It will energize and bring more joy to your everyday life. A method consisting of 26 simple and fun movements that stimulate different parts of the brain. At each workshop, a specific wellness theme will be addressed.

Offered by Lysanne Dugré Nurse clinician,
FQM massage therapist, consultant and
trainer certified by Brain Gym
International.

Info. : coordoloisirs@munsgdv.ca

Registration par **amilia**

*Free activity for SARP members



DATE	SCHEDULE	WHERE	COST
Sept. 29	Thursday 10-11 am	Community Center 2215, boul Valcartier	\$50*/10 weeks

COMMUNITY GOLF TOURNAMENT

Info: Pamala Hogan Laberge | plaberge@munsgdv.ca

Date: September 25 septembre (first departure at 12:10 am)

Where: Centre Castor

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

Price: \$85 includes golf cart



POUND CHRISTMAS SPECIAL

Special Family Activity for Christmas!

POUND's special workout with lively music and choreography for Christmas! Special activity, open for families.

Age group : 10 years and over

Registration : **amilia**

Info : coordoloisirs@munsgdv.ca



DATE	SCHEDULE	WHERE	COST
Dec. 6.	Tuesday 7-9 pm	To be announced	\$10/adult \$5/10-15 years old

POUND WORKOUT

Come and let off steam to some great beats!

With drumsticks and rhythmic music, this class features choreographed routines that alternate between medium and high intensity exercises, aimed at improving muscle tone and endurance. The POUND workout combines cardio, Pilates, isometric movements and plyometrics. An energizing, contagious and sweaty workout, each stroke of Ripstix releases tension and stress.

Age group : Adults and 16 years +

Registration : **amilia**

Info : coordoloisirs@munsgdv.ca



DATE	SCHEDULE	WHERE	COST
Sept. 20	Tuesday 7 to 8 pm	To be announced	\$50 / 10 weeks

FITNESS TRAINING 50 YEARS +

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

Newcomers are always welcome for a tryout!

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

Registration : **amilia**

*Free activity for PALA members

DATE	SCHEDULE	WHERE	COST
Sept. 13	Tuesday 9:30-10:30 am Thursday 1:30-2:30 pm	Community Center	\$50* / 12 weeks



LEISURE

WORKSHOP FOR PARENTS

8 effective ways to succeed as a parent so you don't have to repeat, threaten and argue anymore. This evolutionary method is a transformative tool that has an impact on the entire family dynamic. You will learn various tools which will have an impact on your child as well as on yourself.

Date to be confirmed in November, duration of 1:30 hours at the Community Center. Free activity.

Registration: [amilia](#)

Info: coordoloisirs@munsgdv.ca

DRAWING CLASS FOR KIDS

Drawing workshop during which young people will learn to master the different facets of artistic drawing and become familiar with gradients, proportions, shadows and lights.

Teacher : Martin Bouchard, Art professor

Age group : 6 to 12 years old

Registration: [amilia](#)

Info: coordoloisirs@munsgdv.ca

Number of participants: Min. 10—Max. 15



DATE	SCHEDULE	WHERE	COST
Sept. 18	Sunday 10:30 am-12 noon	Community Center	\$120 / 8 weeks

BABYSITTING

Minimum of 12 registration to offer the course.

Age group : 11 years + (or 6th grade)

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

Info : coordoloisirs@munsgdv.ca

DATE	SCHEDULE	WHERE	COST
Oct. 16	Sunday 8:30– 4:30	Community Center (Club Ados)	\$60

HOME ALONE

Minimum of 12 registration to offer the course.

Age group : 9 years +

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

Info : coordoloisirs@munsgdv.ca

DATE	SCHEDULE	WHERE	COST
Oct. 22	Saturday 13h– 15h	Comm. Center (Club Ados)	\$55

MOMMY AND ME MORNINGS

Come chat with other parents while your little ones have fun! Kids socialize and parents chat! A few animated parent-baby workshops will be offered during these mornings.

Dates to come!

Age group: 0-3 years old

Registration: [amilia](#)

Info: coordoloisirs@munsgdv.ca



DATE	SCHEDULE	WHERE	COST
Sept. 14	Wednesday 9:30-11:30 am	Community Center 2215, boul. Valcartier	Free

BLACK BEARS SOCCER CLUB

Interested in playing soccer this winter? The Black Bears Club would like to form indoor soccer teams for the winter season! The season starts at the end of October, 1 month break during the holidays and ends in mid-February. Come join the Black Bears and get in shape for summer soccer! We are waiting for you!



Age group : 9 years +

Registration : [amilia](#) before September 18

Info : coordoloisirs@munsgdv.ca



Club de soccer les Ours noirs de St Gabriel de Valcartier

DATE	SCHEDULE	WHERE	COST
Oct. 15	Matches on Sundays (to be confirmed)	Indoor stadiums Ville de Québec	\$160 + \$60 uniform (if not purchased already)

STUDIO DÉPENDANSE

(HIP-HOP)

Recreative and competitive groups

NEW: Two competitive groups plus

AUDITIONS on Wednesday, August 17!

Register now! (The course fee amount is different from the recreational fees)

Registration : [f](#) Studio Dépendanse

Age group: 3 years + | adult groups

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

<https://studiodependanse.wixsite.com/website>



DATE	SCHEDULE	WHERE	COST
Sept. 11	See Facebook page	Sports Center 2217, boul Valcartier	\$125 / 12 weeks \$5 rebate for families



LEISURE

INDOOR BOCCE

Bring your bocce equipment. As long as the weather is nice enough to play outside, it will be great, but for rainy or colder days, bocce moves indoors!

Registration : **amilia**

Info: coordoloisirs@munsgdv.ca

DATE	SCHEDULE	WHERE	COST
Sept. 5	Monday 1 to 4 pm	Community Center	Free

PICKLEBALL

Age group : 18 years +

Registration : **amilia**

Info : coordoloisirs@munsgdv.ca

Info to come regarding indoor Pickleball



DATE	SCHEDULE	WHERE	COST
Until end of Oct.	Monday 6:30 to 9:30 pm	Covered rink	Free

SINGING FOR FUN

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

Registration : **amilia**

Info : coordoloisirs@munsgdv.ca



DATE	SCHEDULE	WHERE	COST
Sept. 19	Monday 7:30 pm	Community Center	Free

CREATING FOR FUN

The more the merrier! The Painting for Pleasure and Knitting Groups got together for fun and it clicked! Whether you are talented or not, beginner or advanced, in painting, drawing, knitting or any other medium, everything is worth trying and sharing!

Bring your own equipment but you can also try some things out on site.

Registration : **amilia**

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

DATE	SCHEDULE	WHERE	COST
Sept. 7	Wednesday 1-4 pm	Complex 2230, boul. Valcartier	Free

CULTURAL WORKSHOPS

FOR ADULTS

Introduction to Mixology – Workshop and Tasting

Demystify spirits and liqueurs, discover how they are made while learning about the infinite possibilities of blending to create excellent cocktails.

18 years + / Participants min. 15 – max. 30 participants

DATE	SCHEDULE	WHERE	COST
Oct. 14	Friday 7 to 8:45 pm	Complex	\$15 / pers.

Paint and Wine Night (Halloween Theme)

For a solo outing, with friends or as a couple, you will have guaranteed fun. A model is shown step by step. All materials are included. Snacks and wine will be served. Come and discover your inner artist!

18 years + | min. 8 participants

DATE	SCHEDULE	WHERE	COST
Oct. 17	Monday 6:30 to 9:30 pm	Community Center	\$25 / pers.

The cream of beers from Quebec Microbreweries – Conference and Tasting

Discover some of the province's microbrewery beers, whether they're classics, must-haves or even more recent!

18 years + / Participants min. 12 – max. 30

DATE	SCHEDULE	WHERE	COST
Oct. 23	Sunday 1:30 to 3 pm	Complex	\$15 / pers.

Familiarization with Essential Oils – Tips and Tricks

Come and discover the basics of essential oils and learn about their virtues. You will be surprised by their many uses!

Danielle Julien, Naturopath, Aromatherapist and Herbalist

Minimum 10 participants

DATE	SCHEDULE	WHERE	COST
Nov. 5	Saturday 9:30 am to 12 noon	Complex	\$10 / pers.

Wine and Paint Night (Christmas Theme)

For a solo outing, with friends or as a couple, you will have guaranteed fun. A model is shown step by step. All materials are included. Snacks and wine will be served. Come and discover your inner artist!

18 years + | min. 8 participants

DATE	SCHEDULE	WHERE	COST
Dec. 12	Monday 6:30 to 9:30 pm	Complex	\$25 / pers.

LEISURE

AÏKIBUDO (self-defence)

A traditional Japanese martial art without competition focused on self-defence. 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: Men and women aged 16 years +

Registration : [amilia](#)

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

DATE	SCHEDULE	WHERE	COST
Sept. 21 10 weeks	Wednesday 7h - 8:30 pm	To be announced	To be announced

COUNTRY DANCING

Country line-dancing evenings

Teacher : Sabrina Gauthier

Registration : www.dansecountrycm.com

Info : 581-981-0688

dansecountrycm@hotmail.com

***PAYABLE IN CASH THE NIGHT OF**

DATE	SCHEDULE	WHERE	COST
Sept. 14	Wednesday 6:45 pm (beginner) 8 pm (beginner/ intermediary)	Sports Center 2217, Boul. Valcartier	12 nights \$10 / pers./ night

CLOTHES DRIVE
AND THRIFT
STORE!

Again this fall, the Valcartier Elementary School OPP, in collaboraion with the Saint-Gabriel-de-Valcartier Municipality and the *Entraide diabétique*, offer you the chance to dispose of your used clothing for the benefit of the school's students.

Clothes Drive Dates:

September 26 to November 5

at the Sports Center (2217 Boul. Valcartier)
during opening hours.

**THE THRIFT STORE WILL BE OPEN
FROM OCTOBER 3 TO NOVEMBER 5,
SCHEDULE TO COME.**

*clothes for men-women-children-
infants-maternity, shoes-boots,
bedding, games, decorations, no
furniture*



TAI CHI

A class to adopt the practice of Tai Chi Chuan and Quigong for your health.

Registration: [amilia](#)

Information: 418 844-2866

André Poulin, graduate of the International Institute of Medical QiGong (É-U), approved by the Henan University of Traditional Chinese Medicine



DATE	SCHEDULE	WHERE	COST
Sept. 21.	Wednesday 9:30-11 am	Complex 2230 Boul. Valcartier	\$120* 10 weeks

***Free for SARP members**

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. **BENEFITS:** concentration, self confidence, stress management, balance, coordination

OUR APPROACH

Our courses are offered in a friendly atmosphere. The training of the techniques is progressive and students are trained and supervised by qualified instructors according to Taekwon-Do values (self-control, courtesy, perseverance, courage and integrity).

Registration: [amilia](#) August 22 to October 10, 2022

Age Group: 7 years +

DATE	SCHEDULE	WHERE	COST
Sept. 13 to Dec. 6	Tuesday & Thursday 6:15- 7:30 pm 7:45-9 pm (black belt)	Community Center	\$110* 14 weeks

***\$10 rebate for registrations received before Sept. 5**

Please note that affiliation fees are required once a year at a cost of \$35 for colored belts and \$50 for black belts. Also, a dobok (Taekwon-do uniform) is required starting with the the student's second session. It would be available to order at the beginning of the session at a cost of 55\$.



LEISURE



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.



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

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

Only one price : 30\$ per year

Included for free :

- 50+ exercises
- Tai Chi
- Brain Gym
- Physik Center
- Coffee and Chat
- Painting and crafts activities
- Indoor Petanque
- Discovery workshops (tea, computers...)
- Collective kitchens (coming soon)
- 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

☎ 418-844-1218

✉ coordloisirs@munsgdv.ca



En collaboration avec :



Gym

Aquatique

Athlétisme

**OUVERT
AU PUBLIC**

**BASE VALCARTIER
CENTRE DES
SPORTS**

ABONNEZ-VOUS !

**418 844-5000
#5226 (option 2)**



LoisirsValcartier



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

**MERCI
GRAZIE
GRACIAS
THANK YOU**

THANK YOU TO VOLUNTEERS AND STAFF

As we approach the end of summer, we would like to take a second to say a huge thank you to all the volunteers and staff. Without your help, our activities could not function. So thank you for your support and for making Saint-Gabriel-de-Valcartier a wonderful place to live and have fun!

DATES TO REMEMBER

AUGUST

- 19-20 Family Day and Slo-Pitch Tournament
- 20 Open House at the Firehall and Historical Committee « Heritage Live »

SEPTEMBER

- 1 Last Payment of Municipal Taxes
- 4 Labour Day BBQ
- 5 Municipal Offices Closed
- 7 Beginning of Creating for Fun get-togethers
- 11 Beginning of Studio Dépendanse—Hip-Hop dance classes
- 13 Beginning of Taekwon-Do and 50+ Fitness Training
- 14 Beginning of Country Dancing Classes and Mommy and Me Mornings
- 18 Beginning of Drawing Classes for Children
- 19 Beginning of Signing for Fun
- 20 Beginning of Yoga and Pound Classes
- 21 Beginning of Tai-Chi and Aikibudo Classes
- 22 Beginning of Indoor Bocce
- 25 Community Golf Tournament

26 au 5 nov.

Clothes Drive for the VES Thrift Store

- 29 Beginning of Wellness and Brain Gym Classes

OCTOBER

- 1 Winter Shelters are authorized
- 3 au 5 nov. VES Thrift Store Open
- 10 Municipal Offices Closed
- 13 Mixology Workshop
- 15 Beginning of Indoor Soccer
- 16 Babysitting Course
- 17 Paint and Wine Night
- 22 Home Alone Course
- 23 Beer Workshop
- 28 Halloween Story Hour at the Library
- 31 Halloween Safety Route and Special Collection of Fallen Leaves (all week)

NOVEMBER

- 5 Essential Oils Workshop
- 6 Return to Standard Time

DECEMBER

- 6 Special Christmas Pound Class
- 12 Wine and Paint Night

MID-DECEMBER Next Indispensable