

VOL. 16, Issue 1 • DECEMBER to mid FEBRUARY 2023

# THE INDISPENSABLE



Together, in the  of NATURE



SAINT • GABRIEL  
• DE •  
VALCARTIER

**HAPPY HOLIDAYS AND HAPPY NEW YEAR!**



Photo credit : Maureen Bédard



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The municipal offices will be closed December 26 to January 4, 2023 inclusively.

## MUNICIPAL LIFE



## A Word from the Mayor



« Over one thousand citizens expressed their opinion and 86 % were in favour of resuming the treatment in 2023 (for the biological control of black flies and biting insects). »

Another Holiday Season will soon be upon us, and many activities will be on the schedule. It feels good to be finally getting back to somewhat normal ways of life! The pandemic was a difficult time for everyone as we were obliged to hit the pause button for over two years. Hopefully we can put that behind us and move on to bigger and better things! Among the family activities planned is the Christmas Tree Lighting Day which will be held on Sunday December 18. There will be plenty of Holiday activities for all and of course Santa Claus will be present to meet with the children. In addition, the municipal walking path will be decorated and lit up throughout the Holiday period.

The results of the survey concerning the biological treatment for biting insects and black flies have been tabulated and the message was very clear. Over one thousand citizens expressed their opinion and 86 % were in favour of resuming the treatment in 2023. Your municipal council responded by unanimously awarding the contract for 2023 at our last council meeting. Thank you to all who participated in the survey!

Another special activity will be making a return on December 8 after a two year hiatus due to the pandemic. I am of course referring to our annual cocktail celebration to honour our many dedicated volunteers! You are what makes our community such a special place to live and on behalf of your municipal council I would like to sincerely thank you for your tireless efforts. Enjoy your special evening!

Finally I would like to wish each and everyone of you a safe and Happy Holiday Season!

*Brent Montgomery*

## NEW CITIZEN PORTAL - VOILÀ!

The municipality of Saint-Gabriel-de-Valcartier is happy to announce the launch of a new unified communications platform, Voilà!

Voilà! Is the ideal tool to facilitate the interaction between citizen and municipality, offering easy access to financial information and online transactions.

Voilà centralizes the majority of municipal services and provides access to pertinent municipal information.

**This platform will allow you to :**

- Consult your tax bill
- Be up to date on municipal news by choosing to receive an email or a text message every time a news or event is

posted online

- To customize your account based on your interests
- To register for sports and cultural activities **(this involves a 2nd step, see page 10 for instructions)**
- To receive rapid notifications in case of emergency
- To make online requests for permits (Spring of 2023)
- To make a non-urgent request

Create your online profile at: <https://saint-gabriel-de-valcartier.appvoila.com/fr/?returnURL=%252Faccueil>

**Questions?** [admin@munsgdv.ca](mailto:admin@munsgdv.ca)







## CIVIC LIFE

## PUBLIC NOTICE—Deposit of the valuation roll for the 2023 fiscal year



**MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER**  
M.R.C. de la Jacques-Cartier  
Province of Quebec

## PUBLIC NOTICE

Deposit of the valuation roll for the 2023 fiscal year

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

**THAT** the three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier will be in effect for its second financial exercise in 2023. That the assessment roll was deposited at the municipal office on September 10TH, 2022, and that all those interested may consult the roll at the municipal office situated at 2215 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday from 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.;

**THAT** according to article 74.1 of an "*Act Respecting Municipal Taxation*", notice is also given that anyone interested may make a request for revision concerning this assessment roll according to section I chapter X of this law on the grounds that the assessor did not make an alteration to the roll that ought to have been made according to article 174 or 174.2 of the law;

**THAT** this request for revision must be made according to the following conditions in order to be valid:

- Be deposited during the fiscal period in which an event justifying a modification to the roll by virtue of the law, or during the following period;
- Be deposited at the following address or be sent by registered mail to:  
MRC de la Jacques-Cartier  
60, St. Patrick  
Shannon (Quebec) G3S 1P8  
Telephone: 418-844-2160
- Be filled out on the prescribed form available at the above address, at the municipal offices,  
or on the municipal website;
- Be accompanied by the amount of money determined by By-Law 6-1997 of the MRC de la Jacques-Cartier and applicable to the unit of assessment requested.

**GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 20TH DAY OF SEPTEMBER 2022.**

Heidi Lafrance, Director General/Clerk-Treasurer

**Winter tires mandatory**  
Your vehicle must be equipped with winter tires  
as of December 1

Votre gouvernement  
Québec

## 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.





## VIE CITOYENNE

### WE RECYCLE FOOD WASTE—ON YOUR MARK, GET SET, SORT

#### Food waste: heading towards a door-to-door collection

Starting in 2023, you will be invited to participate in a bag collection initiative for food waste. The Municipality has been preparing for this important step in the management of residential waste for several months and will enter a new era by adding a door-to-door collection of food waste for citizens. This collection will begin in 2023 so that the City of Quebec's new biomethanization center can receive them.



#### How will it work?

The process is simple and efficient. Each residence or dwelling will receive a small 10-litre kitchen bin and rolls of collection bags, which will then be renewed annually. The first food waste collection bags and kitchen bins will be distributed in 2023.

Every day, citizens will be able to put their food scraps and food waste in the bin containing a bag. When the bag is full, it is sealed and placed in the garbage. It's that simple! The residues will be sent to the Quebec City waste-to-energy center during the waste collection, where they will be separated from the garbage by optical sorting, de-bagged and then sent to the Biomethanization Centre through an underground pipe. The food waste will then be transformed into natural gas that will be injected into the Energir network and into agricultural fertilizer.

#### Many advantages to using bags. Why choose a bag instead of a bin?

The reason is simple. The collection by bag aims to make life easier for citizens: everyone will be able to collect their food waste in their kitchen by putting it in a bag that will then be placed in the garbage bin, without having to manage an extra oversized bin in the selective collection. With this choice, the Municipality hopes to encourage everyone to participate.

#### A logical and responsible choice

The choice of bags makes it possible to use existing containers and collection methods. This choice does not require the addition of a truck in circulation. It is an environmental choice that limits our greenhouse gas emissions. The bags used are not compostable, but they are recyclable. They are the only ones that can withstand compaction in collection trucks and meet the requirements for strength and recyclability. Their color also allows for quick and efficient sorting.

#### WHAT MATERIALS ARE ACCEPTED?

Is it something that can be eaten or is it part of something that is eaten? If the answer is yes, you can put the material in the bag. Examples: banana peels, mussel shells, coffee filters, table scraps. No, cat litter does not go in the bag.

#### Quebec City's Biomethanization Centre

After several months of construction, the impressive center is now finalizing the last steps leading to its opening. Of course, to make such a facility work, a large majority of citizens must participate in the collection of food waste!



*Will you be ready?*





## CIVIC LIFE

## PUBLIC WORKS

## Winter Storms—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 fix this, the solution is simple: do not put out your bins during a storm unless it is not **ABSOLUTELY** necessary to do so. 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 weeks of **January 2 and 9**, 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!  
(See page 17 for registration  
on the new Gestipattes  
platform)



## 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 TRESPASS ON PRIVATE LAND, WITHOUT THE EXPRESS AUTHORIZATION OF THE OWNER, HIS REPRESENTATIVE OR OWNER OF THE PREMISES. THIS INCLUDES ALL OFF-ROAD VEHICLES.

## Bulk Waste 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.**

## Saint-Gabriel-de-Valcartier ECOCENTRE

The Ecocentre located at 2329 Blvd Valcartier is open Saturdays from 8 am to 12 pm (noon). **WHAT CAN BE BROUGHT TO THE ECOCENTRE?**

**Hazardous household waste HHW (oils, paint, batteries, lightbulbs containing mercury (hg))**



**Tires and rims**



**Dry material (asphalt shingles, mixed wood, mixed gypsum, mineral wool and derivatives, plastics, mixed polystyrene, building materials)**



**Branches, debris, leaves, concrete, stumps**



**Textiles (sofas, mattresses, upholstered furniture or furniture, carpets, canvas, tarps, etc.)**



**Metals (appliances, sheet metal, pipes, etc..)**



**Electronic appliances (camera, computer and screen, etc.)**



## COMMUNITY LIFE



### Backyard Birds—Maureen Bédard, councillor

#### THE PILEATED WOODPECKER

Distinguished from all woodpeckers by its size and bright red crest, the Pileated woodpecker is the largest of all woodpeckers. Its neck and head are black and white striped while its body is almost entirely black. The male is distinguished from the female by his red crest which begins at the base of the beak and by his red moustache. The female, somewhat similar except for the fact that her crest is smaller and her whisker at the base of her beak is black.

As an insectivore, its diet is mainly composed of carpenter ants that it will find in snags and large-diameter woody debris. Its long tongue with sticky saliva gives it the efficiency to capture insects. Nuts and small fruits also are among his favourite appetizers.

This large woodpecker nests in a cavity that it digs in a snag or a large living tree. It plays a major role in maintaining biological diversity within our forests by providing suitable habitat (cavities) for a wide variety of species including the Scops owl, the Northern Saw-Whet owl, and the Flying squirrel.

The female will lay up to 5 eggs that both parents incubate; the incubation of the eggs lasts 3 weeks and at the age of one month, the young are ready to leave the nest but remain with their parents for another 3 months to learn to feed and fend for themselves. The couple remains united all year round and therefore don't be surprised if you see two large Pileated woodpeckers at the same time.

Is there a Pileated woodpecker in your neighbourhood? Most probably, it lives in mixed deciduous and coniferous forests and inhabits our territory all year round.

Take the time to observe the trees around your area; a long cavity or wood chips at the bottom of a tree will be a good indicator. We are fortunate to observe this magnificent bird throughout the year and don't forget that by ingesting large quantities of borers which may be harmful to the quality of a wooded area, the Pileated woodpecker protects our environment. Happy sightings!



Watch our Facebook page (Loisirs et vie communautaire SGD) for all the activities that are planned in January and February as part of Plaisirs d'hiver (winter fun!)

### 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 Pamala Hogan Laberge or Véronique Charbonneau 418 844-1218.

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 PEEK AT THE PAST

#### Turkeys for Christmas (Excerpt from the book Back in the Day)

Back in the day, the Christmas turkey trade kept farmers busy. Wallace Lavallee remembered his first big year in 1950. He had 1,200 white turkeys to sell. In the two weeks before Christmas, four brothers from Quebec, each with a butcher shop, would come up to Valcartier every evening and buy the turkeys. Wallace remembers that at first they would pull out \$20 and \$50 dollar bills to pay for the turkeys, but by the end, they paid with \$1s and \$2s and one even dug into his pockets for change, but they never asked for credit.

The turkeys had to be killed and plucked before they were sold and Wallace would prepare about 100 per day. They converted the small turkey house into an abattoir. The turkeys were killed downstairs, dipped in hot water to loosen the feathers, plucked by hand, then hung upstairs on hooks. They would put a little paper bag, that was provided by the Ralston Purina Company, up over the head and tie it with a twister. They used a piece of binder twine to make a loop that was put around the feet to be able to hang the turkeys from the hooks. The twine would stay on the turkey when it was sold so it could be hung up later. It kept Wallace's mother quite busy cutting string and making a knot in it to slip over feet.

Although turkey farming has changed quite a bit since "back in the day", one thing remains the same: there are still turkeys on the farms, sometimes in our freezers, or even better, on the table! (And not just for Christmas.)



Photo: Municipal archives (Eric Hicks 4 years old with a black turkey)



Photo: Municipal archives  
Circa 1960, black turkeys on Charlie Wolff's farm

#### HISTORICAL COMMITTEE

If you would like to be added to our mailing list, please send an Email to [valcartier1816@munsgdv.ca](mailto:valcartier1816@munsgdv.ca). You can also reach us on Facebook or by leaving a message at the Municipality 418 844-1218.

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

This walking and biking trail enjoyed by many in the summer is also open in the winter time. The "La Visite" trail is located on 5th Avenue between numbers 1178 and 1210. The Municipality removes the snow from the parking lot during the winter in order to open the trail for snowshoeing and fat biking, but please note that the trail itself is not maintained.



## RECREATION



## 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 18 to January 9 inclusively

Christmas Story Hour:

Friday, December 16, 6:30 pm—pyjamas recommended but not necessary!

Discover the **MERRY**iodic table of **CHRISTMAS** éléments and make your own **Merry Molecule** ornament (details to follow on Facebook and at the municipal library)

New books:

We received new books in November, these are identified with a blue dot.

On the Facebook page (Bibliothèque SGD V Library) :

In the albums section—newly purchased books for the library



**HAPPY HOLLIDAYS!**



Explore several  
museums with the  
**MUSÉO card!**

Available in Réseau BIBLIO libraries

Borrowing a museum, it's as  
simple as borrowing a book!

## FAMILY SKATE NIGHT

Decorate your helmet or put on a funny  
hat for this family activity to be held on  
Wednesday, February 15 as of 6 pm at  
the municipal skating rink

FOR ALL THE DETAILS, FOLLOW THE  
RECREATION FACEBOOK PAGE IN 2023!

PRIZES TO BE WON

ILLUMINATED SKATING PATH  
AND MANY MORE SURPRISES!







RECREATION



# ONCE UPON A CHRISTMAS...

## OUTDOOR FAMILY EVENT AND INDOOR SHOW

★ **SUNDAY, DECEMBER 18** ★  
1PM - 4:30PM



MAGICIANS ELVES  
SHOW

★  
FACE PAINTING

VISIT WITH  
SANTA 

OLD-FASHIONED  
DOUGHNUTS 

ICE SKATING  
(NO HOCKEY ALLOWED)

MASCOTS

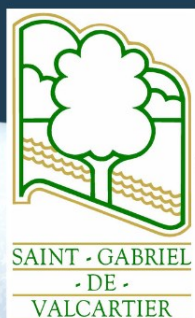


SMORE'S STATION

SOUP 

TREE LIGHTING

HOT  
CHOCOLATE  
STATION 





## RECREATION

### HOW TO REGISTER FOR ACTIVITIES ON THE NEW VOILÀ CITIZEN PORTAL

#### MANDATORY ONLINE REGISTRATION ON THE VOILÀ! PORTAL



1. Go to the Voilà! citizen portal at the following address:  
<https://saint-gabriel-de-valcartier.appvoila.com/fr/?returnURL=%252Faccueil>
2. In the registration area, click on « register ».
3. Fill out the form on-line to create your Custom Citizen Account.
4. Check the « **I am interested in signing up for recreation programs** » box.
5. You will receive an E-mail confirming the activation of your Custom Citizen Account. There may be a delay in before the recreation account is approved by an administrator. If this is the case, come back later to complete the registrations.

#### TO REGISTER ON THE RECREATION PLATFORM

1. Once you have received confirmation that your file has been activated, return to the Voilà! citizen portal and enter your email address and password in the "Sign in" area.
2. Click on "Log in".
3. Click on the "Recreation" button.
4. Register for the 2023 Winter Program activities **as of January 9, 2023**. Remember that you must have created your citizen account before proceeding to this step, you will receive your confirmation email from the administration to access it.

**Possible method of payment online:** credit card only (VISA and MASTERCARD).

#### NON-RESIDENT

Registrations from non-residents of the Municipality are processed after the regular registration period. Depending on the course, a limited number of spaces is available. Spaces are allocated on a "first come, first served basis".

#### CONFIRMATION OF ACTIVITIES

Depending on the course, a limited number of seats are available. Spaces are allocated on a first come, first served basis. If you do not receive a call or email before your activity begins, it is taking place. You must show up as scheduled on the date listed in the program. Please note that no calls will be made to confirm your registration. The teacher and the schedule are subject to change.

#### NO COMPUTER? NEED HELP?

We will be happy to assist you remotely in your registration process according to your needs:

- ♦ By E-mail [admin@munsgdv.ca](mailto:admin@munsgdv.ca) or [coordoloisirs@munsgdv.ca](mailto:coordoloisirs@munsgdv.ca);
- ♦ By telephone 418 844-1218





## RECREATION



**Program for residents  
55 years old and +  
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!*

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

**Included for free :**

- 50+ exercises
- Tai Chi
- Chair Yoga (Starting in January!)
- Physik Center
- Brain Gym
- Coffee and Chat
- Music practice room (ask for it!)
- Painting and crafts activities
- Discovery workshops (essential oils - January, tea - in March, computers - in March...)
- Collective kitchens and culinary workshops (in March!)
- 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 14:30
- 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 :



**Voice of English-speaking Québec**

**Secrétariat aux relations  
avec les Québécois  
d'expression anglaise**

**Québec**



VEQ is non-profit organization working to preserve and develop community life in the English-speaking community by acting as a hub of information, providing services to newcomers, working in partnership with local stakeholders, and creating and supporting projects, events and initiatives for youth, families and seniors.

Find out more about our service offer and initiatives, and come meet us at our offices at Plaza Shannon! You can also drop by and visit our new "Community Space" where, every first Monday of the month at 10:00 a.m., VEQ hosts its regular "Community & Coffee" chat. Come on by to get the latest on our on-going activities (such as chair yoga, crocheting, and information session) and upcoming one's for the 2022-2023 Winter!

**For more information, please contact:**

Dominique Paddack or Catherine Baboudjian

(418) 683-2366 ext. 227 or ext. 228

[dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

[catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

<http://veq.ca/>

**VEQ Office:** 438 Boulevard Jacques-Cartier, Suite 206, Shannon (QC) G3S 1N5

Office hours: Monday-Thursday from 8:30 am to 4:00 pm (closed between noon and 1:00 p.m.)

Follow us on Facebook! <https://www.facebook.com/VoiceofEnglishspeakingQuebec/>



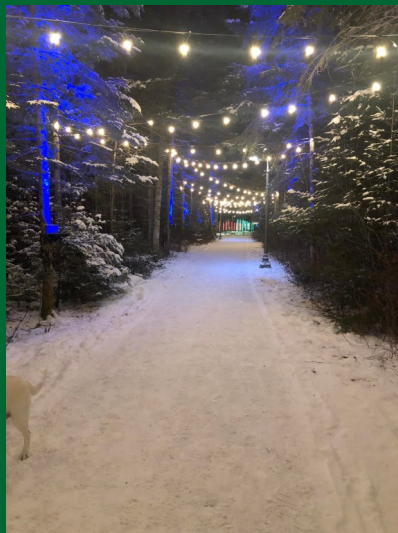
## RECREATION

### DECORATED CHRISTMAS TRAIL

Following the great success of our decorated walking trail last winter, we are happy to announce that this year again, it will amaze you during your winter walks!

A corner to decorate will be set up at the beginning of the trail, behind the ball field, come and put your decoration there and take a nice picture!

This winter, the trail will be illuminated throughout the month of December until January 9, 2023!



### 2023 WINTER CLASSIC



**BACK ON  
FEBRUARY 4  
COME AND CHEER  
ON OUR YOUNG  
FIELD HOCKEY  
PLAYERS ALL DAY!  
FREE ACTIVITY**

#### DO YOU HAVE ANY IDEAS FOR US?

*Don't hesitate to contact us with your ideas for activities or hobbies!*

*We are always looking for teachers to teach music to 0-3 year olds.*

*Let us know if you know someone!*

**418-844-1218 or  
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 **418-844-1218**.

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.

## RECREATION



Age group: 14 years and +

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

REGULAR SCHEDULE:**Monday to Thursday** 5:30 am to 9 pm**Friday** 5:30 am to 7 pm**Saturday** 8 am to 2 pmPRICE 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)

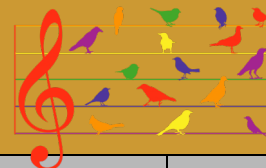
**1 session:** \$5/person**Card for 20 sessions:** \$60/person**Non resident:** \$20 extraTel. : 418-476-1053 **COMPLEX - 2230 BLVD VALCARTIER****COUNTRY DANCING****Beginner + Beginner-intermediary****Registration:** [www.dansecountrycm.com](http://www.dansecountrycm.com)**Info :** [dansecountrycm@hotmail.com](mailto:dansecountrycm@hotmail.com)**or 581-981-0688****\*PAYABLE IN CASH EACH WEEK**

DATE	HORAIRE	ENDROIT	COÛT
Jan. 25	Wednesday 16:45 to 7:45 pm (beginner) 8 to 9:15 pm (beginner-intermediary)	Community Center	\$10/course* 11 weeks

**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 sign or read music. Open to all.

Info. : 418 844-1218 or  
[coordoloisirs@munsgvdiv.ca](mailto:coordoloisirs@munsgvdiv.ca)



DATE	TIME	WHERE	COST
Jan. 23	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.

Info. : 418 844-1218 or [coordoloisirs@munsgvdiv.ca](mailto:coordoloisirs@munsgvdiv.ca)



DATE	TIME	WHERE	COST
Jan. 18	Wednesday 1-4 pm	Complex 2230 Blvd Valcartier	Free

**ADULT DRAWING CLASSES**

An 10-week drawing workshop, one hour and 30 minutes per week. During these workshops, you will learn to master the different drawing techniques. You will be guided by an outstanding cartoonist and caricaturist.

**Person responsible:** Martin Bouchard,  
professor in the field of arts

Participants, min. 10, max. 15



DATE	TIME	WHERE	COST
Jan. 22	Sunday 12:30-2 pm	Community Center	\$150 10 weeks





## RECREATION

### CHILDREN'S WORKSHOPS

#### COOK YOUR OWN PANCAKES WITH DADDY!

Activity for toddlers and their daddy. Come measure, mix and cook your own pancakes with your daddy and take some time together to enjoy them! Ingredients, fruit accompaniments, syrup, whipped cream and juice are included.

Children aged 2 to 6 / Participants, min. 4 – max. 10

DATE	TIME	WHERE	COST
Jan. 28	Saturday 9-10:30 am	Community Center	\$15 / 1 child 5 \$ / add. child

#### PARENT/CHILD ROCK PAINTING

##### PARROT theme

Come and meet a dozen real parrots and take them with the Perroquet-pirate company! For the first hour of the workshop, we have fun with the parrots, then we let our creativity go on rocks with mom or dad! All the material will be provided to paint on rocks already prepared on a white background (additional rocks available for 2\$ each)

Workshop given by Arrochemoi un sourire

Children aged 7 to 12 Participants, min. 15 — max. 25

DATE	TIME	WHERE	COST
Feb. 19	Sunday 1-3:30 pm	Community Center	\$38 / 1 child (3 rocks) \$46 / 2 children (4 rocks)

#### COME AND MAKE YOUR OWN PLUSHIE WITH MOM

Take mom on an outing and create your own plushie! Take the opportunity to eat a healthy snack with mom! Materials for the plushie provided and snack.

Children aged 2 to 6 Participants, min. 4 – max. 12

DATE	TIME	WHERE	COST
Feb. 25	Saturday 9-10:30 am	Community Center	\$25

### CHILDREN'S DRAWING CLASSES

Atelier de 8 semaines pour les enfants de 7 à 12 ans, à raison d'une heure 30 minutes par semaine, sur le dessin. Au cours de cet atelier, les jeunes apprendront à maîtriser les différentes facettes du dessin artistique et se familiariser avec les dégradés, les proportions, les ombres et lumières etc. Il est aussi possible de pousser plus loin pour les jeunes ayant déjà participé au cours la session dernière.

Responsable : Martin Bouchard, professor in the field of the arts

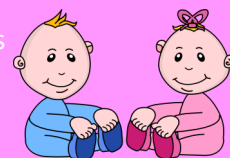
DATE	TIME	WHERE	COST
Jan. 22	Sunday 10:30 am-12 pm	Community Center	\$120

### MOMMY AND ME MORNINGS

Come chat with other parents on Wednesday mornings while your little ones play freely! Kids socialize and parents chat! Held in the basement of the Community Center.

A few animated parent-baby workshops will be offered during these mornings.

Dates to come!



DATE	TIME	WHERE	COST
Jan. 18	Wednesday 9:30-11:30 am	Community Center	Free



# SESSION

## HIVER-PRINTEMPS 2023

### CONTEMPORAIN & HIP-HOP

DÉBUT DE LA SESSION LE 28 JANVIER POUR 17 COURS  
RABAIS DE 5\$ POUR LES FAMILLES

INSCRIPTIONS EN LIGNE

STUDIO.DEPENDANCE@GMAIL.COM / (418) 928-6899

## RECREATION

## PÉTANQUE AND INDOOR GAMES

Bring your own pétanque equipment!

New: pocket and cornhole games also available!



DATE	TIME	WHERE	COST
Jan. 9	Monday 1-4 pm	Community Center	Free

## 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

Required equipment: sneakers, water, towel  
Newcomers are always welcome for a tryout!



DATE	TIME	WHERE	COST
Jan. 17	Tuesday 9:30-10:30 am Thursday 1:30-2:30 pm	Community Center	\$50 12 weeks PALA

## 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.



DATE	TIME	WHERE	COST
Jan. 16	Monday 10-11 am	Community Center	\$50/10 weeks or PALA

## INDOOR PICKLEBALL

Age group: 18 years and over

Registration mandatory

Info : 418-844-1218 or coordoloisirs@munsgdv.ca



DATE	TIME	WHERE	COST
Jan. 9	Monday 7:15-8:30 pm Wednesday 7:15-8:30 pm	MSS High School	Free

## POUND UNPLUGGED

Pound UNPLUGGED is a class that balances focused, high-intensity exercises with restorative movement, rhythmic breathing techniques with a beautiful meditation to round out the session. Using specially designed training sticks called Ripstix®, POUND Unplugged, combined with the benefits of yoga and the foundations of Pilates, connects mind, body and sound to create an immersive and sensory experience unlike anything you've experienced in the past.

Age group: 18 years +  
Info. : 418 844-1218 or  
coordoloisirs@munsgdv.ca



DATE	TIME	WHERE	COST
Jan. 19	Thursday 7-8 pm	Sports Complex	\$50 10 weeks

## POUND

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: 18 years +  
Registration mandatory  
Info : 418-844-1218 or  
coordoloisirs@munsgdv.ca



DATE	TIME	WHERE	COST
Jan. 17	Tuesday 7-8 pm	Sports Complex	\$50 10 weeks



## RECREATION

### ADULT HOCKEY LEAGUE (17 years +)

Register by Email mentioning the 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  
418 844-1218  
or coordoloisirs@munsgvdiv.ca



DATE	TIME	WHERE	COST
Jan. 8	Sunday 7:30-9 pm	Municipal rink	Free

### MUNICIPAL SKATING RINK AND SKATING PATH

Monday to Thursday: noon to 9 pm  
Friday: noon to 10 pm  
Saturday: 10 am to 10 pm  
Sunday: 10 am to 7 pm

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

PLEASE NOTE: the detailed schedule for the indoor rink will be posted on the Municipality's website as well as on the SGD V Recreation and Community Life Facebook page following the opening of the ice surfaces. The schedule applies at all times except when events or activities are scheduled (e.g. adult hockey league on Sunday night starting at 7:30 pm). Adjustments to the schedule may be made depending on the availability of the facilities. Users will have to respect the safety instructions of the attendants on site at all times.

Skating path (freestyle skating only, no hockey sticks)

**HAVE A GREAT SKATING SEASON!**



### ADULT WORKSHOPS

#### MIXOLOGY PART 2 – THE ART OF REINVENTING YOUR COCKTAILS

After the introductory mixology workshop, come and participate in the workshop: the art of reinventing your cocktails! Push your knowledge and your experiments a little further to make delicious cocktails.

Given by: Mylène Simard

18 years +

Participants min. 20 – max. 30

DATE	TIME	WHERE	COST
Jan. 20	Friday 7-8:45 pm	Sports Complex	\$15 / pers.

#### ESSENTIAL OILS AND CELL FORMATION

Come discover your Hippocratic temperament and how essential oils can help rebalance you.

Given by: Danielle Julien

18 years +

Participants, min. 8 — max. 20

DATE	TIME	WHERE	COST
Jan. 21	Saturday 9:30 am-12 pm	Sports Complex	10 \$ / pers. or PALA

#### WINE AND PAINT NIGHT

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. Nibbles and wine will be served. Come and discover your inner artist!

Given by: Susan McBain

18 years +

Participants, min. 8 – max. 16

DATE	TIME	WHERE	COST
Feb. 6	Monday 6:30-9:30 pm	Center Community	\$25 / pers.

#### ROCK PAINTING AND HOT CHOCOLATE

Creation of rocks, relaxation, hot chocolate, coffee, or herbal tea with a small snack. Relaxing atmosphere and music! Material, beverage and 2 rocks included. Additional rocks at a cost of 2\$ each.

18 years +

Participants, min. 5—max. 15

DATE	TIME	WHERE	COST
Feb. 20.	Monday 6:30-9 pm	Community Center	\$22 / pers.

#### TEA TASTING AND ITS DIFFERENT VARIETIES

If you want to take your first steps in the world of tea or if you are interested in tea-tasting, come and learn the secrets of this thousand-year-old drink and the art of tasting it.

Given by: André Poulin

18 years +

Participants min. 10

DATE	TIME	WHERE	COST
Feb. 18	Saturday 1:30-3:30 pm	Community Center	\$5 / pers. or PALA



## RECREATION

### HATHA YOGA

Given by: Marylin Parent  
 Register by telephone  
 or by email  
 Info.: 418 844-3916 or  
 parent\_marylin@hotmail.com



DATE	TIME	WHERE	COST
Jan. 10	Tuesday 7:30-9 pm Thursday 9 am	Sports Complex 1494 , 5e Ave.	\$120 / 10 classes

### CHAIR YOGA

Chair yoga includes the same elements as traditional yoga, including physical postures (asanas), meditation (dyana) and breathing techniques (pranayama). However, this gentle practice modifies the standard yoga postures so that you can do them while sitting on a chair. A chair can also be used to maintain balance while doing standing postures.



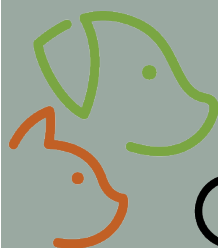
DATE	TIME	WHERE	COST
Jan. 18	Wednesday 1-2 pm	Community Center	\$50 /10 weeks or PALA

### DOG REGISTRATIONS

The renewal of dog licenses will now be done through Gestipattes. This platform is already used by several cities and municipalities in Quebec. First of all, you will have to create an account and then choose if you wish to renew, replace or terminate a license. Then, answer the questions on the screen. You will also be able to make your payment online. The medal will then be sent to you by mail. Gestipattes also offers you the possibility to report a dangerous dog.

Please note that the SPA de Québec however,  
 remains our agent in the field  
 for the seizure of stray animals,  
 impoundment, etc.

Questions: 418-844-1218



# Gestipattes

### TAI CHI

A CLASS TO ADOPT THE PRACTICE OF TAI CHI CHUAN AND  
 QIGONG FOR YOUR HEALTH

Information: 418 844-2866

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



DATE	TIME	WHERE	COST
Jan. 25	Wednesday 9:30-11 am Friday 9:30-11 am	Complex 2230, Blvd Valcartier	\$120 /1X week \$180 /2X week. 10 weeks or PALA

### TAEKWON-DO

A martial art aiming at the global development of the person on a physical, cognitive, social and moral level. More specifically, it is a method of self-defence with bare hands characterized by different techniques of blocking, kicking and hitting with the hands.



**BENEFITS:** Several benefits are noted on the physical and psychological level. We see improvements in: concentration, self-confidence, stress management, balance, coordination.

**OUR APPROACH:** Our classes are offered in a warm atmosphere. The training of the techniques is progressive and they are practiced and supervised by qualified instructors and according to the values of Taekwon-do (courtesy, integrity, self-control, perseverance and courage).

Age group: 7 years +

DATE	TIME	WHERE	COST
Jan. 10	Tuesday et Thursday 6:15-7:30 7:45-9 pm (black belts)	Community Center	\$110* 12 weeks

\*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 second session of the student at a cost of \$55.



## PRACTICAL INFORMATION

**ECUMENICAL CHRISTMAS SERVICE** WILL BE HELD AT ST. ANDREW'S PRESBYTERIAN CHURCH (2275 Blvd Valcartier) on December 24 at 3 pm. All are welcome.

**REGULAR CHURCH SERVICES:** 1st and 3rd Sunday of every month at 9 am.

Reverend Katherine Burgess

**ANGLICAN CHRIST CHURCH** (2261 Blvd Valcartier): 1st and 3rd Sunday of every month at 9 am.

Reverend Christian Schreiner

**ST. GABRIEL CATHOLIC CHURCH** (2333 Blvd Valcartier) : every Sunday at 9 am



MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER

2215 Blvd 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**

## DATES TO REMEMBER

### DECEMBER

All month:

Animated Christmas Trail and  
outdoor programming for  
Christmas

Until Dec. 19:

Christmas Food Hampers  
Campaign

1 Deadline to install winter tires

6, 13, 20, 27

Bulk Waste Collection

18 Outdoor Family Day «Once upon  
a Christmas...»

18 –9 Library closed

26 - 4 Municipal offices closed

### JANUARY

(Dog license renewal month)

Weeks of Jan. 2 and 9:

Special Christmas Tree Collection

9 Beginning of on-line registration  
for sports and recreation activities  
on the Voilà! platform

3, 10, 17, 24, 31

Bulk Waste Collection

### FEBRUARY

7, 14, 21, 28

Bulk Waste Collection

4 Winter Classic (hockey)

15 Family Skate Night

28 Mailing of municipal tax bills

Mid-February

NEXT INDISPENSABLE