

VOL. 16, Issue 2 • FEBRUARY to end of APRIL 2023

THE INDISPENSABLE



Together in the  of NATURE



SAINT - GABRIEL
- DE -
VALCARTIER

HAPPY VALENTINE'S DAY!



Photo credit : Maureen Bédard



MUNICIPAL LIFE

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THE MUNICIPAL OFFICES WILL BE CLOSED FRIDAY, APRIL 7 AND MONDAY, APRIL 10 FOR EASTER

MUNICIPAL LIFE

MESSAGE FROM THE MAYOR



« ...However, in keeping with our objective 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. »

Once again the time has arrived to adopt our municipal budget for 2023. As usual the members of Council held numerous meetings with senior staff to analyze our position and the direction we want to pursue for the coming year. I probably don't have to remind anyone that the key word in today's economy is the very high rate of inflation. With this in mind, our objective for this year was to limit any increases for municipal taxes for our residents.

In the past two years we have completed two major projects which have been very beneficial to our citizens. In 2021 the roof over the skating rink was finalized and in 2022 we exercised our option to purchase the Centre Physik building which houses the Gym and the Historical Society. This year our expenses have risen dramatically as every trip to the grocery store reminds us.

As a result the total budget for this year is \$8 925 298 from last year's \$7 607 270 which represents an increase of 17 %. However, in keeping with our objective 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. This is possible by our decision to use some of our accumulated surplus to make up the difference.

Some of our significant projects for 2023 include road repairs on Redmond Road from civic number 60 to 100 this summer. Also we will be continuing the construction and extension of our very popular municipal walking path. The family event «Bal des Tuques» will be held this year on February 15th. Finally, for those who still haven't registered for the «Voilà Platform» don't forget to do so in able to stay connected to your Municipality !



YOUR MUNICIPAL PROPERTY TAX BILL IS NOW AVAILABLE ON-LINE !

The time has come to register for the Property Tax Bill service, available through the **Voilà!** Citizen platform. With the paper copy of your 2023 invoice in hand (*certain information on this invoice is required to authenticate your profile*), you may now complete the registration of your property in your account, and any future invoices (2024) will be sent directly to your **Voilà!** Account.

If you have not yet registered for your **Voilà** citizen account, we invite you to do so by downloading either the mobile application available at Google Play/App Store or by visiting the following link on your desktop or laptop computer : <https://saint-gabriel-de-valcartier.appvoila.com/en>.

Due dates

Municipal property tax bill 2023

1st installment: **April 1st, 2023**

2nd installment: **July 1st, 2023**

3rd installment: **September 1st, 2023**

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 LICENSES ARE VALID
FROM JANUARY THROUGH
DECEMBER OF EACH YEAR.
GET YOUR DOG TAGS ON
GESTIPATTES TODAY!



MUNICIPAL TAXES



SAINT - GABRIEL
- DE -
VALCARTIER

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

PUBLIC NOTICE

Deposit of the general collection role for 2023

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

THAT the general tax collection role for 2023 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, 2023.

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

	For the 2023 assessment role	For the purpose of muni- cipal tax bills
Median propor- tion	90%	100%
Comparative factor	1.11	1.00

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 7th DAY OF FEBRUARY 2023.

Heidi Lafrance, Director General/ Clerk-Treasurer

2023 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, 2023**. The **second payment**, if applicable, is due by **July 1st, 2023**. The **third and final payment**, if applicable, is due on **September 1st, 2023**. 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.

VIE CITOYENNE

2023 BUDGET AND TRIENNAL INVESTMENT PROGRAM

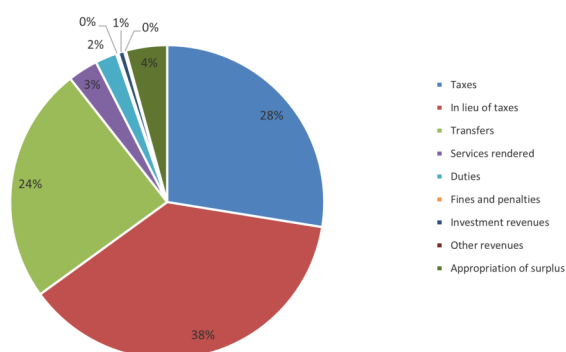
Dear members of council and citizens,

After various committee meetings with the members of council and administrative personnel to analyse our services, our needs, and the investments in capital assets for the 2023 fiscal year, I am proud to present a balanced budget in the amount of \$ 8 925 298, an increase of 17% in comparison with 2022. I have the utmost pleasure to announce that we will maintain our general taxation rate of \$.34 and non-residential rate of \$.47 again this year.

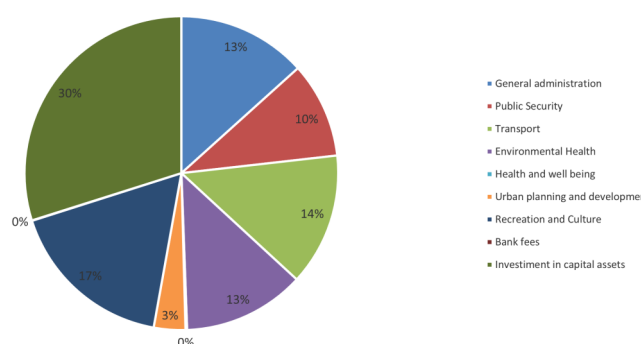
In conclusion, I would like to thank council, the general administration as well as the municipal employees for their collaboration in the production of this budget and for their hard work and professionalism regarding the services offered to our citizens.

Brent Montgomery, Mayor

REVENUES 2023 - ORIGINS OF REVENUES



EXPENSES 2023 - BREAKDOWN BY DEPARTMENT



Comparative budget by department

Revenues and allocations

	2022	2023	Variation	Variation en %
Taxes	5 438 658 \$	2 459 373 \$	(2 979 285) \$	-121%
In lieu of taxes	296 005 \$	3 342 279 \$	3 046 274 \$	91%
Other revenues from local sources	483 725 \$	276 053 \$	(207 672) \$	-75%
Transfers	1 172 746 \$	2 178 673 \$	1 005 927 \$	46%
Duties, penalties, interets		273 600 \$		
Other revenues		16 000 \$		
	7 391 134 \$	8 545 978 \$	1 154 844 \$	14%
Appropriation of accumulated surplus	216 136 \$	379 320 \$	163 184 \$	43%
Total revenues and appropriation of accumulated surplus	7 607 270 \$	8 925 298 \$	1 318 028 \$	15%

Operating expenditures

General administration	1 084 157 \$	1 190 078 \$	105 921 \$	9%
Public security	808 398 \$	880 791 \$	72 393 \$	8%
Transport	1 035 108 \$	1 217 840 \$	182 732 \$	15%
Environmental health	706 761 \$	1 121 822 \$	415 061 \$	37%
Health and wellnes	17 600 \$	14 660 \$	(2 940) \$	-20%
Urban planning and development	279 133 \$	290 269 \$	11 136 \$	4%
Recreation and culture	1 431 113 \$	1 540 188 \$	109 075 \$	7%
Bank fees	3 500 \$	3 500 \$	- \$	0%
	5 365 770 \$	6 259 148 \$	893 378 \$	14%
Investments in capital assets	2 241 500 \$	2 666 150 \$	424 650 \$	16%
Total operating expenditures and investment in capital assets	7 607 270 \$	8 925 298 \$	1 318 028 \$	15%



CIVIC LIFE

2023 BUDGET AND TRIENNIAL INVESTMENT PROGRAM

TRIENNIAL PLAN	2023	2024	2025
General administration			
Office furniture	1 200 \$		
Updating of computer equipment	6 500 \$	5 000 \$	5 000 \$
Refurbishing website	-	10 000 \$	
Purchase of computer programs	52 000 \$	5 000 \$	5 000 \$
TOTAL	59 700 \$	20 000 \$	10 000 \$
Public security			
Training center development	15 000 \$	-	
Various equipment	23 000 \$	5 000 \$	5 000 \$
Development of a water source at 5th avenue	2 000 \$	-	
Firehall - building improvements			
Replacement of emergency vehicle	150 000 \$	250 000 \$	
Replacement of breathing apparatuses			140 000 \$
TOTAL	190 000 \$	255 000 \$	145 000 \$
Public works			
Chemin Redmond - repairs	1 895 000 \$		
Trees	2 500 \$		
Municipal hall repairs	65 000 \$		
Garage/Firehall: LED lighting	37 450 \$	-	
Municipal vehicle - replacement		65 000 \$	
Purchase ATV		25 000 \$	
Hydraulic post hole digger	3 500 \$		
Dual wheel trailer	20 000 \$		
Roadworks equipment		5 000 \$	5 000 \$
Replacement of oil and diesel reservoirs	20 500 \$		
TOTAL	2 043 950 \$	95 000 \$	5 000 \$
Recreation and culture			
Improvement of walking path (extension, lighting, asphalt)	30 000 \$	30 000 \$	30 000 \$
Sign for 2230, boul. Valcartier	5 000 \$	-	
Centre Physik - equipment	26 500 \$	15 000 \$	15 000 \$
Parcs - furniture	3 500 \$	5 000 \$	5 000 \$
VCC - renovate roof	25 000 \$	-	
Parcs improvements		100 000 \$	100 000 \$
Ventilation - 2215 boul. Valcartier	100 000 \$		
VCC - replacement of range hoods	20 000 \$		
VCC - improvement of sound system	7 500 \$		
Recreation - parc equipment	5 000 \$		
TOTAL	222 500 \$	150 000 \$	150 000 \$
Electrical network			
Charging stations		3 000 \$	
Public street lights - LED conversion	50 000 \$		
TOTAL	50 000 \$	3 000 \$	0 \$
TOTAL			
TOTAL TRIENNIAL PLAN	2 566 150 \$	523 000 \$	310 000 \$

CIVIC LIFE

FIRE SAFETY SERVICE

**HOW TO PREVENT CARBON MONOXIDE POISONING**

Carbon monoxide (CO) is responsible for multiple poisonings every year. CO is a colorless, odorless gas. It doesn't cause eye or respiratory irritations. However, breathing carbon monoxide is very dangerous and potentially deadly.

Carbon monoxide is produced when appliances or vehicles burn a combustible, such as propane, wood, heating oil etc.

Only a carbon monoxide alarm can detect CO gas and alert you.

You may suffer from carbon monoxide poisoning if you have the following symptoms minutes after being exposed to the gas:

- headache;
- weakness/fatigue;
- nausea;
- vomiting;
- dizziness.

**How to prevent carbon monoxide poisoning**

The best way to prevent carbon monoxide poisoning is to behave in a safe manner:

- Install a carbon monoxide detector in any areas where there are sources of this gas.
- Do not use motorized appliances or heaters that burn a combustible inside of a room, a shelter, or a vehicle.
- Respect maintenance rules and safety for these appliances. For example, if you have a fireplace or a slow burning woodstove, have the chimney swept at least once per year, in the spring or fall. Be sure that the chimney is clear of any obstructions and there are no leaks.

In case of a power failure

Never heat the inside of your home with appliances such as a gas stove or heater, camping stove or barbecue.

In case of a prolonged power failure during the winter, the Municipality may open a Service Center where you may go for your safety. Do not hesitate to contact us.

If you use a generator, install it in the following manner:

- Outside of your house or garage (if it is attached to or beside your home)
- The farthest distance possible from doors and windows (to prevent exhaust fumes from entering the house)
- Respect the manufacturer's instruction manual.

What to do if you have symptoms?

If you or a member of your family suffers from the symptoms of carbon monoxide poisoning:

- Go outside;
- Call 9-1-1;

Do not go back inside, not even for a few minutes.

Be advised it is important to not try to ventilate the building before the firefighters have analysed the air.

SPRING FLOODS, ARE YOU READY?

<https://www.canada.ca/en/campaign/flood-ready.html>



CIVIC LIFE

CIVIL SECURITY

Did you know that the Municipality has an emergency measures plan that covers all possible hazards on the territory and that we are ready to intervene at any time?

The situation we all experienced in December 2022 is a perfect example. When you find yourself in such a situation, please call us if you can, follow our Facebook pages and the Municipality's website or drop by the Community Center to inquire about the services offered/available.

The role and responsibilities of the **Municipality** in the event of a disaster are to:

- Coordinate and plan all civil security efforts on their territory.
- Adopt a Civil Protection Plan that includes at least the measures provided for in the By-law on alert procedures and minimum emergency resources and ensure the periodic revision of this plan.
- Carry out exercises and ensure the training of personnel.
- Develop awareness of the risks present on the territory.
- Implement measures to prevent disasters or to reduce their consequences.
- Communicate to the population information on the risks present on the territory, on the prevention measures to be established as well as on the instructions to be followed before, during and after a disaster.
- To take into account the present or potential risks in the planning and development of the territory.
- During and following disasters, deploy resources to provide assistance to affected populations and manage the situation to ensure the most rapid and effective recovery possible.

As a **citizen**, you can:

- Have home insurance to cover your belongings and know your protection in case of flood damage.
- Prepare your Family Emergency Plan.
- Have an emergency kit on hand at all times to last for the first 3 days of an emergency or to take with you in case of evacuation.
- Check with your municipality to assess the risk of a disaster in your community and what you can do to protect yourself.
- Be proactive and cautious about disaster risks in your environment.
- Comply with all applicable laws, regulations and standards regarding disaster risks in your community.
- In the event of a disaster, depending on your situation, intervene to help the people around you while waiting for assistance.
- Get involved as a volunteer with your municipality or with a group that offers support in civil security.

In an emergency or disaster situation, **it is your responsibility to take the first steps to ensure the safety** of yourself, your family and your property.

PEDESTRIAN SAFETY RULES AND TIPS

When out walking, there are rules and precautions you must follow to ensure your safety and the safety of others on the road.

BE VISIBLE AT ALL TIMES

On dark days, especially in the winter when it gets dark early, wear light-coloured clothing or accessories or reflective strips to make yourself visible to other road users.

WHERE TO WALK

You must walk on the sidewalk. If there is no sidewalk or if it is impassable, you must walk on the side of the road or on the shoulder of the road, all in the opposite direction of traffic.

However, you may walk in the same direction as traffic if it allows you to :

- not cross the road repeatedly on a short distance;
- walk on the lighted side of the road;
- walk on the side of the road where the shoulder is wider.

Source: Government of Quebec

SUBSIDY PROGRAM FOR REUSABLE CLOTH DIAPERS



Did you know that the Municipality offers a subsidy through a waste reduction program, to reimburse half of the cost (before taxes) for a set of disposable cloth diapers up to a maximum of \$100.

This program applies to parents of children less than 1 year old, residents of Saint-Gabriel-de-Valcartier. The subsidy program will end upon a decision from the Municipal Council.

The form and procedures can be found at the municipal office, on the website and on the Municipality's Facebook page.



CIVIC LIFE

PUBLIC WORKS

Winter storms and garbage and recycling

Risk of frozen waterpipes and



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 or fill out the on-line request form on the Voilà platform! Please note that repairs are carried out every two weeks.



Bulk 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.

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.

Vehicle carcasses or frames, tree and brush debris, household garbage and leaves as well as recyclable materials will not be collected during the weekly collections.

You may dispose of 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

CHURCH PEWS AND STABLE

Story from Herman Murphy and Leonard Conway as told to Debbie Chakour.

Excerpt from the book "Back in the Day"

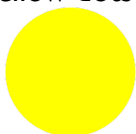
Back in the day, almost everyone went to church on Sundays and special holidays. Since most would travel by horseback, there was a stable with 58 stalls located at the back of the parking lot of the Catholic Church. Each family would have their own stall, just like they had their own pew. Since they would pay \$10 per year for this privilege, people would get quite insulted if someone else sat in their pew or used their stall. The trustees who ran the church sat in the pews right in front of the priest. Behind them would be the nuns and then everyone else, each family content in its own place. The horses were quite content in the stable, each in its own stall and firmly tied on both sides to help maintain calm. One time, however, on a Christmas Eve, some pranksters snuck into the stable and moved all the horses to different stalls. You can only imagine the chaos of sorting all that out after the service! Were the pranksters caught? We don't know, but they were probably the only ones laughing!



MUNICIPAL LIBRARY

Easter story hour will be held on **Friday, March 31 at 6:30 pm**. More information will be made available on the Library Facebook page.

A book rotation will take place at the beginning of March. Come find the yellow dots and see what's new!



2023 CONTEST! VISIT YOUR LIBRARY FOR THE WIN! -

Will you find the golden ticket for a chance to win a prize?

February is "Coup de Coeur" month! Is there a book you love? Let everyone know what your favorite is by putting a sticker on it!



GRAND CONCOURS

Gagnez à visiter votre biblio!

12-25 FÉVRIER 2023

Advertisement available in French only

FÉLICITATIONS!

VOUS AVEZ TROUVÉ UN BILLET D'OR!

Avec votre billet en main, visitez le site grandconcoursbiblio.ca entre le 12 et 25 février 2023 pour remplir le formulaire de participation.

Vous pourriez gagner le grand prix offert par une personnalité de votre région ou encore remporter un prix instantané!

Le tirage au sort parmi les billets d'or aura lieu le 27 février. Surveillez votre messagerie!

N'hésitez pas à immortaliser le moment en prenant une photo avec le billet d'or et en la publiant sur vos réseaux avec la mention **#grandconcoursbiblio**.



COMMUNITY LIFE

BACKYARD BIRDS—The Evening Grosbeak

The Evening Grosbeak is the most accustomed visitor to our landscapes and belongs to the passerine family. The plumage of the adult male is bright with the back and the belly golden yellow, tint which is also found in the eyebrow stripe. The adult female, however, is duller, the body of a smoky gray tilting to silver with yellow on its sides.

Unusual and very remarkable fact if you observe this bird frequently, in winter its beak has the color of bone, but it undergoes a radical change in its pigmentation when spring arrives and then the beak becomes the same green as the buds and young leaves.

The Evening Grosbeak's main diet are the seeds of spruce, balsam fir and pinecones but it also appreciates the seeds and fruits of many trees that we have on our territory. This bird is also an avid lover of spruce budworm larvae and hence, the birding community believes that parents feed their young with these. Because of its daily appetite for spruce budworm larvae, the Evening Grosbeak is one of our must useful birds.

Very few studies have been carried out to detail the nesting habit, but nests have been found at heights of 7 to 12 meters in spruce trees and usually made of tangled twigs without much consistency and lined with grass. Its main nesting area remains apparently western Canada, but we are no longer surprised to see adults feeding their young everywhere in the boreal forest zone.

You have probably noticed that this bird gravitates in large numbers to our feeders and trays; Evening Grosbeaks love to frequent feeding stations that provide sunflower seeds as this is its favorite food.

Building a small, raised feeding platform with a wooden ledge around it will prevent the seeds from being dispersed by the wind and you will be able to enjoy the comings and goings of this flock of magnificent colorful birds all winter long.

Happy observations. Maureen



THURSDAY APRIL 27, 6:30 PM

CONFERENCE OFFERED BY THE MUNICIPALITY

RESIDENT : FREE NON-RESIDENT : \$10

SUSTAINABLE
Local **AGRICULTURE**

Theme :

Gardening and vegetable gardening,
small greenhouses, garden tubes...

At the Community Centre

2215, Valcartier boul.
6:30 pm - 8 pm

REGISTRATION ON VOILÀ!

Jean-Martin Fortier is an organic farmer, author, educator and internationally recognized advocate for regenerative, human-scale and profitable agriculture. His life's work has been to share his vision and expertise to promote the growth of small ecological farms and a global transition toward food systems rooted in nature and the community.

INSTITUT
**JARDINIER
MARAÎCHER**



COMMUNITY LIFE



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

**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 friends.

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

Information

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

418-844-1218

coordoloisirs@munsgdv.ca



In collaboration with :



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 Pam or Véronique at **418-844-1218**, 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 collection. Again in collaboration with the Municipality, a temporary thrift store will be set up in the basement of the Recreation Centre (2217 Valcartier Blvd.) from **May 1 to 28**. You can drop off your bags of clothing from **April 24 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 OPP manager at veronique_charbonneau@hotmail.com.



ENTRAIDE DIABÉTIQUE DU QUÉBEC—DONATION BINS

The used clothing bin, accessible at all times, can be found in the parking lot of Valcartier Elementary School (2224 Boulevard Valcartier). Please keep this area clean, if there is no space left inside the bin, come back at another time when the bin has been emptied.

CHRISTMAS HAMPERS—THANK YOU

Once again this year, despite the storm, we successfully distributed 23 Christmas baskets to families or individuals in need. A huge thank you to the following partners: Valcartier Elementary School, Mont St-Sacrement High School, Roger Lamont Foundation, Vallée Jeunesse Daycare, Marie-Kim and her initiative, the local turkey farmers and all the individual donors who donated money or food. The need continues to grow and our little food bank will always be available for those in need, as our community has proven that it still has a big heart! Happy New Year 2023 to all! If you need help, contact Pam at plaberge@munsgdv.ca.



PROTECT YOUR FINANCES FROM FRAUD

Come to a conference given by Ms. Jessica Ouellet from the Sûreté du Québec, who will inform you about the new tactics used by fraudsters against seniors.

**THURSDAY
FEBRUARY 23
10 AM - 11 AM
AT COMMUNITY
CENTER**

Presence also of the SAAQ for some information related to the driver's license.



LOISIRS



FAMILY SKATING NIGHT

NEON AND BRIGHT

FEBRUARY **15** 17H-20H

Foodtruck (\$) ▷ "Pains à la viande", hot-dogs
Animation - Participation prizes
Hot chocolate - Cookies

*Decorate
your
helmet!*

*Be
creative!*

*Come and
have supper
on the spot!*



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 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 on-line for the 2023 Spring Program activities. **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 or coordoloisirs@munsgdv.ca;
- ♦ By telephone 418 844-1218



LEISURE

MARCH BREAK ACTIVITIES

The Recreation Department has put together a number of activities for March Break, something for everyone! Watch the Municipality's recreation department Facebook page for all the details!

You can also consult the programming offered on the military base on their Facebook page:
Valcartier Base Community Recreation Department.

WALKING PATH

When winter arrives and the ground is covered with snow, it is very enjoyable to take a walk and enjoy the enchanting scenery of the season.

On the other hand, winter can make travel difficult. Freezing rain, icy surfaces and hard-packed snow can become a hazard to the unsuspecting pedestrian. A few simple tips can make walking outside safer during the winter.

Here are a few of them:

1. Choose a good pair of boots
2. Wear spiked boots or outsoles
3. Use a walking stick to help you. It is also possible to get an ice pick to add to the end of your stick.

One bad fall on the ice can have long term consequences. Plan your walk well, on our walking path or elsewhere.

Enjoy your walk!



MUNICIPAL SKATING RINK AND SKATING PATH

Monday to Thursday: noon to 9 pm

Friday: noon to 10 pm

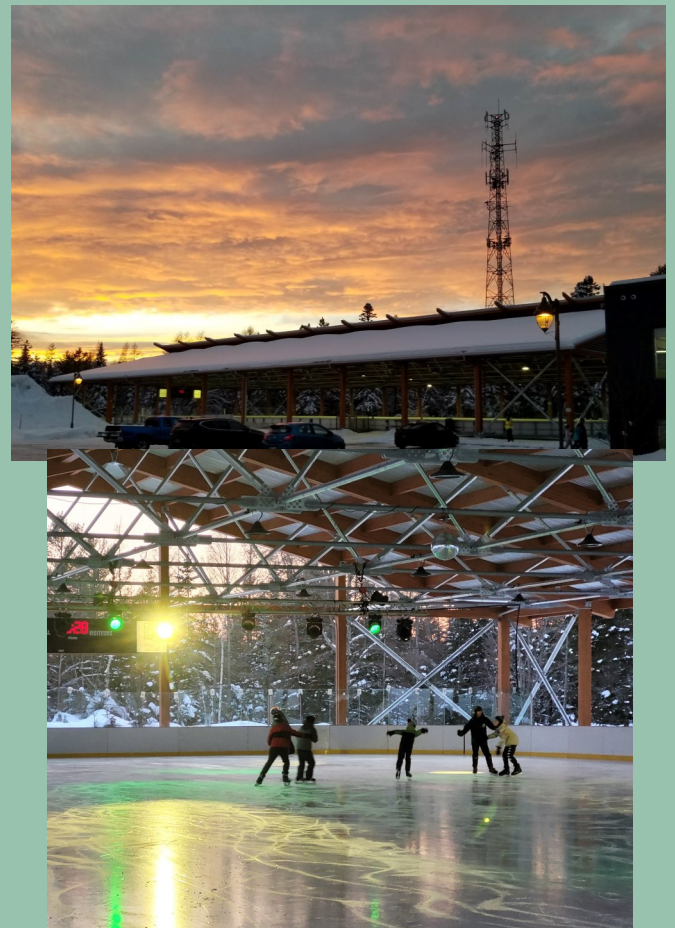
Saturday: noon to 10 pm

Sunday: noon to 7 pm

PLEASE NOTE: the detailed schedule for the covered rink will be posted on the Municipality's website as well as on the SGDV 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!



LOISIRS



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 12, from 9 to 12 am

Cost : 180 \$ per child, for 8 weeks

Where : Saint-Gabriel-de-Valcartier

Municipality multifunctional shelter

For information : infoqc@augrandaireducation.ca



You have
until March 1st
to register!

What to bring?

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



OUTDOOR ACTIVITIES 2023 FEBRUARY - MARCH

PLAISIRS
D'HIVER



SNOWCASTLE CHALLENGE!

REGISTER UNTIL MARCH 13

www.defichateaudeneige.ca



**TORCHLIGHT WALK
(MUNICIPAL PATH)**

TUESDAY FEBRUARY 14

6 PM - 9 PM



**FAMILY SKATE NIGHT
NEON & GLOWING
(SKATING RINK)**



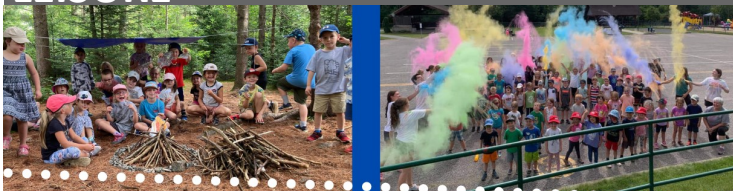
WEDNESDAY FEBRUARY 15

5 PM - 8 PM



SGDV Recreation and Community Life

LEISURE



ARE YOU LOOKING FOR A SUMMER JOB?

COME WORK WITH US AT THE
SUMMER CAMP!



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

TIMBITS SOCCER

Are you between 4 and 8 years old and want to learn to play soccer? Do you want to develop your skills with a ball so you can play with the Black Bears when you're older? Come on out! Come have fun and learn with the Timbits!

Registration: Feb. 10 - March 10 on Voilà!

Cost: \$70

Info: soccervalcartier@gmail.com

Schedule: to be determined



Tim Hortons.

PLAYGROUND

SUMMER OF 2023 - JUMANJI!

JUMANJI

Can you reach the end of the game with us this summer? The entire playground team is preparing a trippy and diverse summer, under the theme of the movie Jumanji. The playground dates are from **June 26 to August 11, 2023**. All information regarding registration, costs, new features etc... will be communicated to you in the schools and on our Facebook pages.

Speaking of news, we will have a big one this summer! We will be offering a specialized cooking camp, in collaboration with Ateliers culinaires Cré-A-Chef! All the information will be provided to you along with the Municipality's playground information. Can't wait to see you!

SOCCER

This year, we're thinking big! We want soccer players to form several teams! Join the Black Bears and tell your neighbors and school friends! Are you 9 years old or older? Sign up with us!

Registration: Feb. 10 - March 10 on Voilà!

Cost: \$200

Info: soccervalcartier@gmail.com

Schedule: to be determined



LEISURE

PARENT/CHILD ROCK PAINTING WORKSHOP PARROT THEME

Come and meet and pet a dozen real parrots in the company of the Parrot Pirate! For the first hour of the workshop, we have fun with the parrots, then we let our creativity go wild painting on rocks with mom or dad! All the material will be provided to paint on rocks which are pre-painted with 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 to 3:30 pm	Community-Centre	\$38 / 1 child (3 rocks) \$46 / 2 children (4 rocks)

HOME ALONE

Age group: 9 years and over

Registration : ON Voilà! before April 10

Info : coordoloisirs@munsgdv.ca

Min. 12 participants to start the course, max. 30

DATE	TIME	WHERE	COST
April 22	Saturday 9 am to 3 pm	Club Ados (2215, boul. Valcartier)	\$55



BABYSITTING

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

Registration : on Voilà! before April 10

Min. 12 participants to start the course, max. 30

Info : coordoloisirs@munsgdv.ca

DATE	TIME	WHERE	COST
May 6	Saturday 8:30 am-4:30 pm	Community-Centre (2215, boul. Valcartier)	\$60

CLUB ADOS

What? Didn't you know that the Club Ado is up and running? We're open, with a new team and we've got lots of ideas! All you have to do is come and have a good time with us!

Remember the schedule! We are waiting for you!

Thursday :

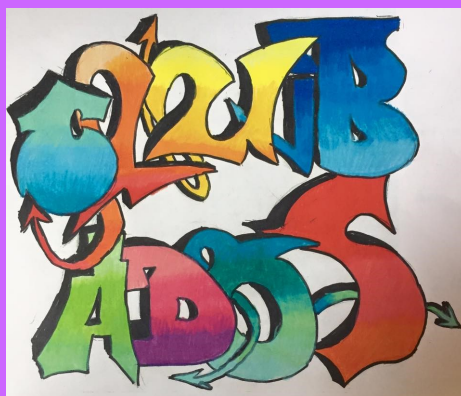
6pm-9pm

Friday :

6-10pm

Saturday :

11am-5pm

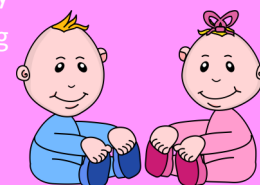


MOMMY AND ME MORNINGS

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
On-going	Wednesday 9:30 –11:30 am	Communit Centre	Free

LEISURE

INTRODUCTION TO BASEBALL WE NEED VOLUNTEERS



Would you like to get involved with the baseball initiation program this summer? We need you! Contact us and we'll put you in touch with the person in charge for more information! You don't have to be a baseball connoisseur, you just have to want to introduce the kids to the game!

INFO : coordoloisirs@munsgdv.ca

HATHA YOGA

Spring Session

Take care of your body, it's the only place you have to live in...

Given by: Marylin Parent

Registration: 418 844-3916
parent_marylin@hotmail.com



DATE	TIME	WHERE	COST
April 3	Monday 11:30 am-12:45 pm	1494, 5e Avenue Complex (2230, boul. Valcartier) 1494, 5e Avenue	\$120/ 10 classes
	Tuesday 7:30-9 pm		
	Thursday 9:30-10:45 am		



COUNTRY DANCING

Beginner + Beginner-intermediary

Registration:

www.dansecountrycm.com

Info : dansecountrycm@hotmail.com
or 581-981-0688

*PAYABLE IN CASH EACH WEEK



DATE	TIME	WHERE	COST
April 12 to June 14	Wednesday 6:45-7:45 pm (beginner) 8-9:15 pm (beginner- intermediary)	Community Centre	\$10/class* 10 weeks



Age group: 14 years and +

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 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**

PÉTANQUE AND INDOOR GAMES

Bring your own pétanque equipment. A great way to get out of the house and meet people! New: beanbag game and cornhole game also available upon request!

Info: coordoloisirs@munsgdv.ca

Registration on Voilà!



DATE	TIME	WHERE	COST
On-going	Monday 1-4 pm	Dance Local 2217, boul. Valcartier	Free

PICKLEBALL

(18 YEARS OLD AND OVER)

Info: coordoloisirs@munsgdv.ca

Registration on Voilà!



DATE	TIME	WHERE	COST
On-going	Monday 7:15-8:30 pm Wednesday 7:15-8:30 pm	MSS High School	Free

LEISURE

ADULT WORKSHOPS

Le minimum de participants requis doit être atteint afin que nous puissions offrir les activités.

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
April 21	Friday 7 to 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
March 25	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
April 3	Monday 6:30 to 9:30 pm	Community Centre	\$25 / pers.

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: 16 years +

Info. : coordoloisirs@munsgvdy.ca

Registration on Voilà!

POUND
unplugged

DATE	TIME	WHERE	COST
April 6	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: 16 years +

Registration on Voilà!

Info : coordoloisirs@munsgvdy.ca

POUND
ROCKOUT. WORKOUT.

DATE	TIME	WHERE	COST
April 4	Tuesday 7-8 pm	Danse Local	\$50 10 weeks



LEISURE

SINGING FOR FUN

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

Info.: coordoloisirs@munsgvdv.ca

Inscriptions : sur Voilà!



DATE	TIME	WHERE	COST
On-going	Monday 7:30 pm	Community Centre	Free

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
April 4	Tuesday and Thursday 6:15-7:30 pm 7:45-9 pm (Black belts)	Community Centre	\$110* 10 weeks Dobok \$55

*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.



CREATING FOR FUN!

The more we are, the more fun we have!

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.

Information : coordoloisirs@munsgvdv.ca

Registration on Voilà!



DATE	TIME	WHERE	COST
On-	Wednesday	Complex 2230, boul. Valcartier	Free

TO REACH THE SPORTS, RECREATION', LEISURE AND COMMUNITY LIFE DEPARTMENT

418-844-1218 | coordoloisirs@munsgvdv.ca

TAI CHI

A CLASS TO ADOPT THE PRACTICE OF TAI CHI CHUAN AND
QUIGONG 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
April 5	Wednesday 9:30-11 am Friday 9:30-11 am	Complex 2230, boul. Valcartier	\$120/1x week. \$180/2x week or PALA 10 weeks

PRACTICAL INFORMATION



NEW SUMMER 2023-FLOWERED HOUSE CONTEST

This contest aims to encourage, recognize and thank the horticultural and ecological efforts of citizens. Let's contribute together to improve our living environment and to green our surroundings!

The objective of this contest is to reward citizens who put time and energy into beautifying their property and making our Municipality even more attractive. The contest is open to both owners and tenants. The Municipality encourages citizens to register in large numbers and to encourage their neighbors to do the same.

Photos of the landscaping of registered properties will be published in an album on the Municipality's Facebook page. Citizens will be able to view the photos and place their votes from August 15 to September 15 by leaving "❤️" or "👍" on them. The owners of the 2 photos with the most "Like 👍" mentions, will receive a prize of \$150.00 each and the owner of the photo with the most "Love

❤️" mentions will receive a "Coup de Coeur" prize worth \$100.00 Coup de Coeur.

The entry period will run between July 1 and 15
Selection Criteria:

- Cleanliness and creativity of the space and overall impression
- Respect for the environment and plant health
- Landscaping around the house



DATES TO REMEMBER

On March 12,
we set the
clock forward,
check our
smoke alarms
and change
the batteries.



FEBRUARY

- 6 Wine and paint night
- 7, 14, 21, 28 Bulk waste collection
- 14 Torchlight walk (walking path)
- 15 Family skate night
- 19 Parent-child rock painting workshop
- 28 Mailing of municipal property tax bills
- Feb. 10 - March 10 Black Bears soccer registration period

MARCH

- Until March 10 mars Black Bears soccer registration period
- 7, 14, 21, 28 Bulk waste collection
- 12 Set clocks forward and change batteries
- 25 Essential oils workshop
- 30 Library Story Hour for Easter

APRIL

- 1 Street parking permitted and 1st installment due for municipal tax

bills

- 3 Beginning of Hatha yoga classes and Wine and Paint Night
- 4 Beginning of Pound Taekwon-Do and Tai-Chi classes
- 6 Beginning of Pound unplugged classes
- 7 & 10 Municipal offices and Library closed
- 12 Beginning of Country Dancing spring session
- 4, 11, 18, 25 Bulk waste collection
- 21 Mixology workshop
- 22 Home alone course
- 27 "Sustainable Local Agriculture" conference
- 30 Deadline for taking down winter shelters

END OF APRIL

NEXT INDISPENSABLE

MAY

- Civil Security Week
- 6 Home Alone Course

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

2215, boul. 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**