

VOL. 16, Issue 3 • MAY to mid-AUGUST 2023

THE INDISPENSABLE



Together, in the  of NATURE



SAINT - GABRIEL
- DE -
VALCARTIER

CONTEST DETAILS ON PAGE 2



CONCOURS MAISONS FLEURIES



FLOWERED HOUSE CONTEST



MUNICIPAL LIFE

P. 2



CIVIC LIFE

P. 3-10



COMMUNITY LIFE

P. 9-10



LEISURE

P. 10-18



PRACTICAL INFORMATION

P. 18

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

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

THE MUNICIPAL OFFICES WILL BE CLOSED ON MONDAY, MAY 22, FRIDAY, JUNE 23 AND FRIDAY JUNE 30.

MUNICIPAL LIFE

A WORD FROM THE MAYOR



"I am very happy to announce the hiring of three new municipal employees!... I wish them much success in their new positions!"

As I sit here writing these words it is snowing quite heavily and I am wondering if spring will ever get here. It is April after all, but the forecast looks more promising for next week. Rest assured everything will fall into place as it does every year.

Spring is a time of new growth, and the Municipality is doing its part this year. I am very happy to announce the hiring of three new municipal employees! Yan Gagné has been hired as Prevention Officer for the Fire Department. Alec Montpas is the new Director of our Public Works Department and Karine Dumouchel will be the Inspector of environment in our Urbanism Department. I wish them much success in their new positions!

Conforming to provincial laws, we will be emptying all the residential septic installations on our territory. This process which is repeated every two years will take place during the months of September and October. Stay tuned for further information during the course of the summer.

This year's new Flowered House Initiative will not only make our Municipality more beautiful, it will also benefit the environment. By planting and maintaining trees, flowers and other plants, you help reduce air pollution, increase oxygen production and contribute to saving the bee population. I strongly encourage everyone to participate. For more details, please read the corresponding article in this issue.

Finally, I would like to mention that our Public Market will be back this summer and your support is greatly appreciated. Have a great summer and stay safe!

NEW FOR THE SUMMER OF 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 September 1 to 15 by leaving a like or love emoji 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.

The entry period will run between July 1 and August 31.

Selection Criteria:

- Cleanliness and creativity of the space and overall impression

- Respect for the environment and plant health
- Landscaping around the house

WE HOPE TO SEE MANY OF YOU PARTICIPATE!



CIVIC LIFE



PARTICIPATE IN THE #DÉFIPISSENLITS 2023— the easiest challenge to take on!

THE MUNICIPLALITY OF SAINT-
GABRIEL-DE-VALCARTIER

RELÈVE LE DÉFI PISSENLITS^{MD}

By delaying the
mowing of
dandelions, we
allow pollinating
insects to re-
energize in order to
begin the pollination
season.



défi
PISSENLITS^{MD}
2023
Une initiative de MIEL&CO.

DÉFI PISSENLITS est une marque déposée de Miel&Co. inc. TOUS DROITS RÉSERVÉS.

VOILÀ!

Register today, Voilà! Is your citizen portal for:

- ♦ View your tax account and statements
- ♦ Register for sports and recreation activities
- ♦ Apply for a permit, and to place an application or request
- ♦ Consult the municipal news



SPECIAL COLLECTION FOR FALLEN LEAVES

Bags of leaves are not accepted during weekly household garbage collection.

There will be a special collection the week of May 29.

Bags of leaves must be placed by the side of the road in front of your residence.



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
MARAICHER





CIVIC LIFE

OWNERS OF URBAN CHICKENS AND SMALL BIRD FARMS—AVIAN FLU



Since April 2022, 31 poultry farms (including 7 non-commercial farms) have tested positive for highly pathogenic avian influenza

H5N1 in Quebec. Infection has significant consequences for the affected farm, but also for nearby farms and for the entire poultry industry.

Spring Migration and Transmission

With the arrival of spring, wild birds will resume their journey along the migratory routes. By their increased presence on the territory, they contribute to the spread of the virus and thus increase the risk of contamination of domestic birds.

Avian influenza is transmitted directly from one bird to another through secretions and feces. The virus can also be introduced indirectly when humans or contaminated equipment come into contact with birds or their environment. For example, the virus can be found in food or water or on contaminated vehicle wheels, boots or hands.

Preventive measures

Prevention and biosecurity measures must be strictly enforced and vigilance must remain high.

The Ministère de l'Agriculture, des Pêcheries et de

l'Alimentation du Québec (MAPAQ) currently advises against all gatherings of birds (fairs, exhibitions, contests, auctions) and reminds all owners of farmed birds to comply with the [Regulation respecting the sanitary conditions of places where captive birds](#) are kept in order to prevent contact between poultry and wild birds.

Watch for these clinical signs in your birds:

- Lack of energy and appetite
- Decreased egg production and laying of many soft-shelled or unshelled eggs
- Swelling of the head, eyelids, crest, wattles and hocks
- Coughing, sneezing and nervous signs
- Diarrhea
- Lack of coordination
- Sudden death

If unusual deaths or signs of the disease occur, consult a veterinarian. If you are unable to reach a veterinarian, call **450 768-6763** to reach the Canadian Food Inspection Agency's sick bird reporting line or **1 844 ANIMALS** to contact MAPAQ's Reporting Centre.

MAPAQ reminds that the risk to the general population is low, as cases of avian influenza in humans are rare and usually occur through close contact with infected birds.

All poultry owners have a responsibility to protect their birds and the health of the Quebec flock. Visit the Quebec.ca/AvianFlu web page for more information.

The CPE Joli-Coeur's coordinating office is looking for people interested in opening an educational daycare service in a family environment. Currently, the demand is great, parents are actively looking for educational childcare for their little ones. Are you interested? It's simple, contact the BC to obtain all the information and support necessary to carry out this project.

CRÉE TON EMPLOI
Ouvre ton service de garde éducatif en milieu familial !

Accompagnement gratuit

3 500\$ aide au démarrage

Revenu intéressant



CPE Joli-Coeur
Collaborer • Apprendre • Grandir

cpejolicoeur.ca 418 875-0275 poste 1





CIVIC LIFE

MUNICIPAL TAXES

This is a reminder that the second instalment of the municipal tax bill is due on July 1, 2023. The privilege of paying in three instalments can only be granted if all instalments are paid when due. Any payments received late will bear interest and penalties on the entire account.

2023 MUNICIPAL PROGRAM FOR THE EMPTYING OF SEPTIC TANKS

The Municipality will carry out the emptying of septic tanks on its territory this fall (between September 1st and November 1st). Note that this service is offered without additional costs under certain conditions. In conformity with the current provincial By-Law on the matter (Q-2, r.22), a septic tank used year-round must be emptied every 2 years and every 4 years for a septic tank used on a seasonal basis.

A regular septic waste collection, combined with a quality construction of your septic system and proper maintenance, will allow it to be used to its full potential, maximize its useful life and protect your investment.

Just search “**Guide des bonnes pratiques systèmes septiques**” in Google to obtain the Ministry of Environment’s best practices guide (All information available in French only).

More information to follow by the end of the summer in the Indispensable, through the mail, on social networks and the Municipality’s website.

As of April 30, all shelters considered as temporary, such as garages (mobile wood panels or canvas) and snow fences, must be dismantled.



According to the established by-law, these structures are authorized from October 1 to April 30. Please respect your neighborhood and comply with this regulation under penalty of law. (\$200 minimum per day for a continuing offense).

BIOLOGICAL CONTROL OF BITING INSECTS

The Municipality will resume biological control of biting insects in the summer of 2023 with the firm Conseillers forestiers Roy (CFR).

Control of biting insects

Definition: Program whose objective is to control the nuisance caused by **black flies** and **mosquitoes** by using no chemical pesticides.

CFR controls biting insects using a **selective biological larvicide**, BTI. *Treatments are carried out on larval breeding sites in the water environment by hand and ground. The area targeted for treatment generally covers several square kilometers depending on the characteristics of the site to be protected and the environmental conditions.*

What species are treated?

Only small black flies and mosquitoes are treated for biological control of biting insects. Ticks, fireflies,

houseflies and strikers are not affected by the treatment.

The biting insect control program is seeking the cooperation of citizens to allow access to areas of high production of mosquitoes and black flies for application crews.

You can contact CFR at this toll-free number: 1-855-696-3398. For more information on the company, their website www.cfroy.com is accessible and constantly updated.





CIVIC LIFE

PUBLIC WORKS

SUMMER JOB OFFER

DAY LABOURER PUBLIC WORKS:

Maintenance of municipal property and varied manual work. You must have a valid driver's licence to apply for this job.

Admissibility requirements:

- ♦ 5 days per week starting May 30;
- ♦ Must be aged between 16 and 30 years old;
- ♦ Salary of \$ 17,00/hour

Priority will be given to residents.

Persons interested must send a CV at the latest **May 12, 2023** to the Saint-Gabriel-de-Valcartier municipal office (2215 Boulevard Valcartier) or Email to admin@munsgdv.ca. For more information, please contact Public Works **418-844-1218**.

National Public Works Week

May 21 to 27, 2023

#FIEREMENTTP



MAY 28 - COMMUNITY YARD SALE AND DISTRIBUTION OF TREE SAPPLINGS

On May 28 from 10:00 am to 2:00 pm, the Sports and Recreation Department will be holding a community yard sale. You have the opportunity to rent a table or tables during the sale. A total of 22 tables will be available on the covered municipal rink. **You can register on the AMILIA platform of the Municipality's website.** You will have the option of paying online or coming to City Hall to pay. However, if your table is not paid for on the day of the sale, your registration will be cancelled. The price is set at \$10 per table and tables are reserved for residents 18 years of age and older. Reserve early! The event will take place rain or shine. Please note that the Public Works Department will have tools and small equipment for sale or donation; **first come, first served!**

Also, in May, as part of Tree and Forest Month, the *Ministère des Forêts, de la Faune et des Parcs* is organizing activities in collaboration with the Association forestière des deux rives (AF2R). **For the occasion, we are planning to distribute free tree sapplings in order to raise the population's awareness of the importance of and respect for the tree and the forest. Don't forget to come and choose a free tree sappling when you visit the exhibitors on Sunday, May 28.**



TREATMENT TO ERADICATE AMBROSIA

The Municipality will participate in a treatment program to eradicate ragweed.

The common goal is to **permanently eliminate** this highly allergenic plant.

We therefore count on the participation of the entire community in order to reach our goal to permanently eliminate ragweed.

Here's how you can actively participate:

1. Uproot any ragweed plants on your property.
2. Locate the infested zones in your neighbourhood.
3. Make your neighbours aware of the hazards posed by this plant.

This annual collective **program** aims to **significantly reduce** pollen levels and this, in the best interest of the local population.

CIVIC LIFE



PUBLIC WORKS

HOW TO DISPOSE OF YOUR HAZARDOUS HOUSEHOLD WASTE (HHW)?

Since the opening of the Eco-Centre (2329 Boulevard Valcartier), the Municipality no longer offers the collection of household hazardous waste (HHW) twice yearly. ***You must bring your dangerous materials to the depot location.***

Here is a list of materials that can be recuperated:

PAINTS

Sold by retail businesses (100 ml containers and larger); sold by wholesale businesses (170 L containers and larger intended for architectural use); primers and paints (latex, alkyd, enamel and other); metal or anti-rust paint, staine; aluminum paint; dyes; varnishes; lacquers; products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways); signalisation paints (those available in retail businesses); Aerosol paints.

ORGANIC HAZARDOUS HOUSEHOLD WASTE

Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.

INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, batteries, pesticides and insecticides

Fluorescent compact light bulbs (CFL)

If you are not sure if a product that you would like to dispose of is on the list, bring it with you and the trained employees will help you.

Each container must be intended for residential use only. All products must be in their original containers.

For safety reasons, do not mix products. You may also bring in your used oil, used oil filters and oil containers (**non commercial use only**). This service is also offered free of charge throughout the year by the Municipality during bulk waste pickup upon reservation of the service.

Thank you for your active participation in a healthy environment!

BULK GARBAGE COLLECTION (BULK WASTE)

The Municipality collects 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 request this service with itemized list of materials to be collected or register on-line on the Municipality's Website, under the «On-line request» section.

Note that this service is offered a maximum of 4 times per year, per residence.

It is important that the materials to be collected be set out in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire must be rolled and tied, etc.)

You may dispose of used tires (non-commercial use only) and rims. You can also dispose of used vegetable oil. Oil must be in its original container or in an identified clear plastic bottle.

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

You may also dispose of these materials as well as renovation materials at the Saint-Gabriel-de-Valcartier Eco-Centre (2329 Boulevard Valcartier). You may not dispose of these in your household garbage bin as the waste management company will not pick up your garbage.

Thank you for your collaboration.

The Municipality asks for your collaboration in regards to garbage bins. Once your

garbage and recycling has been picked up, please remove them from the side of the road and return them to your house as soon as possible in order to avoid risks of theft. Thank you !



CIVIC LIFE

FIRE SAFETY DEPARTMENT



Prevention Visits

The Municipality of Saint-Gabriel-de-Valcartier Fire Department wishes to inform the population that the Residential Fire Prevention Program will be back to its original format as of May 2023. Uniformed and identified firefighters from the Fire Department will be visiting homes in our Municipality.

These firefighters are mandated by the Fire Safety Department to inspect smoke alarms and make recommendations should you have any questions about the safety of your home. All of this is in accordance with municipal **By-law No 213 concerning Fire Prevention**. The purpose of these visits is to prevent fire hazards in order to ensure your safety.

As part of their visits, firefighters will verify the installation and operation of smoke alarms. We remind you that a smoke alarm must be installed on each floor, including the basement. The best places to install them are in the hallways, near the bedrooms, making sure that there are no obstacles blocking the flow of smoke.

Whether battery-operated or electric, smoke alarms should be replaced every 10 years according to the instructions on the alarm unit. Building owners must provide their tenants with a smoke alarm, but it is the tenant's responsibility to change the battery. It should be noted that batteries must be replaced every 6 months. We suggest that this be done at each time change.

For information on fire prevention, citizens are invited to contact the Saint-Gabriel-de-Valcartier Fire Department at 418 844-1218.

Spring vegetation burning

Did you know that burning grass and vegetation in the spring can be very dangerous?

Many small dry materials are present on cleared land. We suggest that you consult the index-o-meter on the *Société de protection des forêts contre le feu* website at sopfeu.qc.ca or in front of the Fire Hall before burning. Fires should not be set during periods of drought when the index is high or extreme. It is easier to lose control of a fire on a hot, windy or dry day. The propagation can be very fast and sneaky when the wind is blowing. It is therefore strongly recommended not to use this type of method to clean up your property. Wood and grass clippings can be disposed of by composting and chipping rather than burning them at home. This choice is environmentally friendly.

CIVIL SECURITY

In an emergency situation, you and your family will need to be prepared for the first 72 hours and cope without power or running water.

As it is with the entire population, it is your responsibility to have a **72-hour emergency kit in your home**. This kit will ensure your family's self-sufficiency during an evacuation or sheltering situation. Find out what to do in the event of a disaster. The Department of Public Safety offers a list of essential items to have in case of an emergency. This kit will help ensure your family's self-sufficiency during an evacuation or lockdown situation.

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



COMMUNITY LIFE



BACKYARD BIRDS BY MAUREEN BÉDARD, MUNICIPAL COUNCILLOR

SHARP-SHINNED HAWK

The SHARP-SHINNED HAWK is a member of the Accipitridae family of raptors. It measures between 25 cm and 35 cm and weighs between 85 and 125 grams. This raptor has an important binocular vision, allowing an effective identification of prey. It has a beak whose upper jaw is curved like a hook capable of tearing flesh and its legs equipped with 4 fingers curved and sharp making it capable of capturing prey.

More than 80% of Sharp-shinned hawk population are found in North America and we are fortunate in Saint-Gabriel to be able to observe this magnificent hunter of prey in large numbers. Mixed coniferous and deciduous forests constitute all of its habitat, whether during nesting season of its hunting territory.

Pair formation often depends on the ability of the male to hunt and bring back enough prey to impress the female. The couple will build its nest in a conifer to provide good protection against aerial predators such as the Great Horned Owl. The female will lay between 3 and 6 eggs and cover alone for 30 days while her partner is responsible for providing her with food. Once hatched, the chicks will take flight within 24-27 days.

Not to be confused with the Cooper's Hawk, the Sharp-shinned hawk is smaller in size than the Cooper's Hawk and in flight, the Sharp-shinned hawk has short, rounded wings and its black and gray barred tail has a square tip. Take a photo, when possible, to clearly and better identify it.

The Sharp-shinned hawk's main predators are undoubtedly the red-tailed hawk and the great horned owl.

The Sharp-shinned hawk is a fascinating bird to observe when hunting as it captures its prey trying to take advantage of the surprise effect and thus the victims are caught after a short chase. It is not uncommon to see the Sharp-shinned hawk settle on a perch, near feeders where it watches for small birds that come to eat; it is a very specialized raptor in capturing birds that contribute 90% of its diet.



PUBLIC MARKET

Finally, it feels like spring is coming. We are already organizing the 2023 markets. We need people who want to sell products, especially food products. Desserts are always appreciated by the clientele as well as ready-to-eat foods.

Dates: July 15 August 12 September 23

Contact the Recreation Department to obtain the registration form. The deadline to register is **May 1**.

Info: Marché public SGD V Public Market | coordoloisirs@munsgdv.ca | 2215 Valcartier Blvd. Valcartier

****NEW THIS SUMMER**** This summer, a very special market will be held on **Saturday, June 3**, for youth only. We are organizing a market to highlight the "Big Day for Small Entrepreneurs" and are offering young people between the ages of 9 and 15 the chance to sell their handmade products. The tables will be free for the occasion! The products must be of good quality and in sufficient quantity. Different products can be made, for example jewelry, sewing, plants, vegetables, food products, etc... You must contact the Recreation Department to register using a form that will be sent by email. We look forward to seeing your talents and introducing you to our community! **Registration deadline: May 15, 2023**



COMMUNITY LIFE



A PEEK AT THE PAST

First of July Picnics

Stories from Helen Montgomery, Sadie Hicks and Marjorie McCoubrey as told to Debbie Chakour, Excerpt from the book "Back in the Day".

If you grew up in Valcartier "back in the day", July 1st was eagerly anticipated as it meant an afternoon of fun at not one, but two picnics! Both the Presbyterian Church and the United Church held picnics at the same time, one being up on the hill by the Presbyterian Church and the other at the United church Hall.

In the weeks before the picnic, members of the Ladies Aid (both United and Presbyterian) would go to stores and businesses in Loretteville and ask for donations of prizes for the fish-pond and races. Merchants were very generous and the women rarely, if ever, had to buy anything. The fishpond (one for each denomination) was made by suspending a blanket so that the child, who had been given a pole with a hook on the string, could "go fishing" by casting over the blanket. Someone would then attach the jumping rope, or ball, or jewellery, or other such small prize to the hook.

Both picnics also had races which were organised by the men. There would be regular running races for all age groups as well as novelty races such as the three-legged race. At the Presbyterian picnic, the races also included a bit of track and field with a high jump and a hop-step-jump. The children would go running from one picnic to the other, calculating the most advantageous times to switch. With all the comings and goings, it was to count how many people would be gathered, but it had the feel of the whole community coming together, with many, many children!



LEISURE



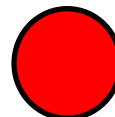
MUNICIPAL LIBRARY

TD SUMMER READING CLUB:

Register at the library for your free materials. Read what and when you want and win prizes! For more information and plenty of activities, visit <https://www.tdsommerreadingclub.ca>.

As of June 17 June. Draw for prizes on August 26.

A BOOK EXCHANGE WILL BE HELD IN MID-JUNE,
LOOK FOR RED DOTS FOR NEW BOOKS.



NEIGHBOURHOOD BOOK BOXES ARE BACK THIS SUMMER!

These will be installed in May at the 3 usual locations : at the Municipal park and near the community mailboxes, at Clark's bridge and on des Plateaux Street.

SUMMER SCHEDULE: Tuesdays 6:30 to 8:30 pm and Saturdays 1 to 4 pm



LEISURE



IT'S THE RETURN OF THE

Thrilling
Thursday!



Reserve your Thursday nights
in July and come see the
entertainment for all!



Keep an eye on the Recreation
Facebook page for all
upcoming information!



JOURNÉE **FAMILIALE**



18 & 19 AOÛT 2023
AUGUST 18-19, 2023

Surprises et nouveautés! Surveillez notre page
Facebook pour toutes les informations!

Surprises and new stuff! Watch our
Facebook page for all the information!



Loisirs et vie communautaire SGD
Recreation and Community Life

LEISURE



SGDV DAY CAMP JUNE 26 TO AUGUST 11 2023

Registration period : May 1st to June 2nd*

There is a possibility of supervised daycare for the week of August 14. Please reserve this service during registration.

This summer, the Day Camp team is more than motivated to offer you a fantastic summer filled with laughter and good memories! Are you ready to embark on the **Jumanji** game and win the game with us?



What you need to know :

- Bus transportation is included (Please note that there is no bus transportation the first week)
- Closed for Canada Day, Friday, June 30, 2023.

When: Monday to Friday 8:30 am to 4:30 pm

Clientele: children aged 4** to 12 years old

*Priority is given to residents. Registration period for non-residents (if our maximum limits are not already reached) is June 3 to 7.

**The child must be registered for school for September 2023. Also applies to children starting K4 in September. Please mention your child's school level for September 2023 when signing up. If your child has special needs, please let us know as soon as possible.

DAYCARE SERVICE available Monday to Friday from 6:45 à 8:30 am and 4:30 to 6 pm

REGISTRATION: On the Voilà platform, link to our website www.saint-gabriel-de-valcartier.ca. Payment by internet (credit card) is preferred whenever possible. Please note that if you are unable to use this method of payment, it is possible to pay by Debit/cash/cheque at the Municipality.

A **FAMILY DISCOUNT** is applicable only to regular Day Camp registrations fees for families with 2 or more children. All registrations must be done in the same transaction. The family discount does not apply to non-residents.

Watch your email and follow our Facebook page (Terrain de jeux Saint-Gabriel-de-Valcartier Playground) to stay informed on important details.

NEW THIS SUMMER!

Cooking camp: 5 weeks where you will be able to develop your creativity through food and discover different products and recipes. You will be in the the cooking group from Monday to Wednesday, on Thursday you will go with your age group and you will participate in the VVV outing for the 10+ age group and on Friday, in the outings and special activities.

English camp: 2 weeks in which you will be with an English-speaking monitor who will speak English and with whom you will do special activities.



MUNICIPAL DAY CAMP 2023 COMPLIANCE

The municipality of Saint-Gabriel-de-Valcartier has been offering a day camp for more than 40 years. The Municipality and the day camp team work hard to provide a quality summer camp for your children. Since 2018, the day camp has been certified according to the terms of reference of the Association des camps du Québec.



**Association des
camps du Québec**



	Week 1 June 26 - 29	Week 2 July 3 - 7	Week 3 July 10 - 14	Week 4 July 17 - 21	Week 5 July 24 - 28	Week 6 July 31 - Aug 4	Week 7 August 7 - 11	Week 8 August 14 - 18
Regular Day Camp	✓	✓	✓	✓	✓	✓	✓	-
Cooking Camp 6-11 years old	✓	✓	✓	✓	-	-	✓	-
English Camp	-	-	✓ 5-6 yrs	✓ 5-6 yrs	✓ 7-8 yrs	✓ 7-8 yrs	-	-
P.A.M Program	✓	✓	✓	✓	✓	✓	✓	-
Daycare week	-	-	-	-	-	-	-	✓

T-shirt included in the prices	REGULAR PRICE per week	REGULAR PRICE (full summer)	NON-RESIDENTS (no reduction)
Day Camp	\$100	\$500 (5 semaines et +)	\$175 / week
Cooking Camp	\$150	-	\$225 / week
English Camp	\$125	-	\$200 / week
Day care (child)	\$30	\$150	\$50 / week
Day care (family)	\$45	\$250	\$75 / week

CLUB ADOS DAY CAMP - P.A.M. PROGRAM

A day camp that combines fun and learning valuable work skills to train the next generation of counselors! This program offers more autonomy, responsibilities, independence, adventures, skills, entertainment, rewards and FUN!

COST:

\$300 for 4 weeks or more **or**

\$75 / week if less than 4 weeks attendance

- * **Teens aged 12 years and over**
- * Monday to Friday from 8:30 am to 4:30 pm
- * Outings at Village Vacances Valcartier
- * Introduction to animation and leadership techniques





LEISURE

PLEASE NOTE THAT REGISTRATION FOR ALL RECREATIONAL ACTIVITIES IS DONE THROUGH YOUR VOILÀ! CITIZEN PORTAL, UNLESS OTHERWISE INDICATED. FOR THE SAFETY OF THE YOUNGSTERS ATTENDING THE SUMMER CAMP: DURING THE WEEK FROM 8:30 A.M. TO 4:30 P.M., GROUNDS AND FACILITIES ARE RESERVED

FOR THE EXCLUSIVE USE OF THE DAY CAMP.

**FOR MORE INFORMATION: 418-844-1218 | COORDOLOISIRS@MUNSGDV.CA
OR PLABERGE@MUNSGDV.CA.**

SPLASH PAD

OPEN FROM 10 AM TO 8 PM

EVERY DAY (OPENS IN JUNE)

WADE POOL

SCHEDULE

Opens June 17, weather permitting.

Free entry.

MONDAY TO FRIDAY: 3:30 TO 6:30 PM*

SATURDAY AND SUNDAY: 12 NOON TO 6:30 PM*

**(Opening hours vary according to the weather)*

August 14 to Labor Day: 12 noon to 6:30 pm

Please note: Adult supervision required at all times.



MOMMY AND ME MORNINGS CHILDREN AGED 0-3 YEARS

Come splash around on Thursday mornings with other parents while your little ones have free play! The kids socialize and the parents chat while watching the kids of course! For the summer, the café-jasette takes a break but every Thursday of the summer from 10:30 to 11:30 am, you and your mini will have reserved access to the wading pool!

DATE	TIME	WHERE	COST
Starting June 22	Thursday 10:30-11:30 am	Community centre	Gratuit

INTRODUCTION TO GYMNASTICS PARENT-CHILD

To move with your minis!

A parent-child complicity where the creative side is solicited throughout the activity in order to keep the fun in the foreground, to push everyone's personal limits and to achieve new physical feats with pride, in a very original universe.

Through juggling, manipulation, duo acrobatics, basic acrobatics and balancing principles, children have the chance to create new circus images together with their parents.

Minimum 8 parent-child duos to start the class, maximum 10



AGE	DATE	TIME	WHERE	COST
18 months to 2 years old 3 to 5 years old	Begins May 6	Saturday 9:15-10 am 10-11 am	Sports complex 2230 boul. Valcartier	6 courses \$75 \$90

INTRODUCTION TO BASEBALL

The philosophy of these activities is to develop the children's motor skills, as well as those related to baseball, by offering them a pleasant, fun and positive sports practice environment.

Clientele: Children from 5 to 9 years old

Equipment required: Sports shoes, baseball glove, athletic support suggested.

Information: Simon Bédard via Facebook page: Baseball mineur SGDV



DATE	TIME	WHERE	COST
May 23	Monday 6 to 7 pm	SGDV Ball Field	\$35/child or \$60/family (2 children +)



LEISURE

ROCK PAINTING WORKSHOP PARENT-CHILD

THEME: Éducazoo Children aged 7 to 12 years old

Come and meet the Educazoo animator accompanied by animals or reptiles to get inspired! For the first hour of the workshop, we'll have fun with Éducazoo, then we'll let our creativity flow on rocks with mom or dad! All the materials will be provided to paint on rocks already prepared on a white background (additional rocks available at a cost of 2\$ each).

Workshop given by Arrochemoi un sourire

Participants min. 15 — max. 25



DATE	TIME	WHERE	COST
June 3	Saturday 1-3:30 pm	Community Centre	\$38/1 child (3 rocks) \$46/2 children (4 rocks)

BIKE WORKSHOP

With the growing popularity of bikes, Mr. Léo Gagné will offer a free information workshop on bikes and biking to residents, young and old.

Here are the subjects which will be covered:

- What to check before the first spring outing;
- How to make certain basic adjustments;
- What type of bike to choose
- Security measures and good practices to adopt according to the environment.



DATE	TIME	WHERE	COST
April 30	Sunday 10-11:30 am	Community Centre	Free

SKATEPARK

SAFETY RULES—OPENING HOURS

Monday to Friday

4:30 pm to sunset

Saturday and Sunday

12 noon to sunset

- ☺ Only skateboards, in-line skates, pedal scooters or BMX bicycles are allowed in the park.
- ☺ The wearing of a helmet and closed shoes is OBLIGATORY. The wearing of protective equipment is highly recommended (body protection for hands, elbows and knees).
- ☺ The skatepark is not recommended for children 10 and under without supervision.
- ☺ Food and glass containers are forbidden as well as drugs, alcohol, tobacco or vaping.
- ☺ It is strictly forbidden to use this area outside of opening hours.
- ☺ On the track, visualize your path and adjust your speed to avoid a collision with other users.
- ☺ Playing games such as chase or making a train are strictly forbidden.

Failure to comply with these safety rules will result in expulsion.



LOOKING FOR SOMETHING TO DO? WHY NOT TRY SOME OF OUR FREESTYLE ACTIVITIES?

Looking for an activity to do with your family or friends? Come and see our building attendant at the Community Centre, we have everything you need for the following activities:

- BASKETBALL
- VOLLEYBALL
- HORSESHOES
- SHUFFLEBOARD
- PÉTANQUE
- PICKLEBALL
- SOCCER



LEISURE

TEEN-ADULT SOCCER

Friendly games on **FRIDAY NIGHTS**. All you need is a pair of soccer shoes and shin guards.

Come join us for energetic and fun soccer games (7 vs 7 mixed).



DATE	TIME	WHERE	COST
Mid-June	Friday 6:30 – 8 pm	SGDV Soccer Field	Free

PICKLEBALL

(MEN AND WOMEN 16 YEARS +)

As soon as the nice weather is here, Pickleball players will be practicing this highly appreciated sport on the covered skating rink! Come try it!



DATE	TIME	WHERE	COST
Spring weather permitting	Monday 6:30 pm Wednesday 6:30 pm	Covered skating rink	FREE



Age Group : 14 years +

REGULAR SCHEDULE:

Monday to Thursday 5:30 am to 9 pm
Friday 5:30 am to 7 pm
Saturday 8 am to 2 pm

PRICE LIST

1 month: \$30/pers. or \$40/family*
3 months: \$60/pers. or \$80/family*
6 months: \$110/pers. or \$140/family*
1 year: \$200 pers. or \$260/family*

*Family: 2 adults and children (students aged 14 to 25 years)

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

→ 50% discount (except card and session prices)

1 session: \$5/person
Card for 20 sessions: \$60/person
Non-residents: \$20 extra

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

REGISTRATION: **amilia**

MESSAGE FROM THE SPORTS, RECREATION, CULTURE AND COMMUNITY LIFE DEPARTMENT

THE RECREATION TEAM IS ALWAYS AVAILABLE TO HEAR YOUR IDEAS OR COMMENTS ALL YEAR LONG. PLEASE DON'T HESITATE TO CONTACT US SINCE YOUR IDEAS HELP US TO OFFER A VARIETY OF SPORTS AND ACTIVITIES WHICH CORRESPOND TO YOUR NEEDS AND INTERESTS! WE ARE HAPPY TO OFFER YOU, ONCE AGAIN, SEVERAL DIVERSIFIED ACTIVITIES FOR THE 2023 SUMMER SEASON! HAVE A GREAT SUMMER EVERYONE! PAM AND VÉRO

MIXED SLO-PITCH NO EXPERIENCE NECESSARY!

This **recreative league** is for pleasure and to stay in shape but also a great way to build friendships.

No umpires.

Registration deadline: **May 31**

Clientele: **Aged 16 years and +**



DATE	TIME	WHERE	COST
Beginning of June	Monday (starting at 7:15 pm)	SGDV Ball Field Community Centre	\$60 residents \$80 non-residents

MEN'S SLO-PITCH GAMES

This recreational activity is a citizen's initiative and will be along the same format as the winter hockey league.

No umpires.

Person Responsible : Samuel
Montminy

Clientele: **Aged 16 years and +**



DATE	TIME	WHERE	COST
Beginning of June	Wednesday 7 pm	SGDV Ball Field Community Centre	Free




LEISURE

CLOTHES DRIVE AND THRIFT STORE!

VALCARTIER ELEMENTARY SCHOOL

Following the grand success last fall and by popular demand, the VES PPO will again be holding its clothes drive and thrift store. In collaboration with the Municipality and the thrift store will be opened in the basement of the Recreation Centre (2217 Boulevard Valcartier) **from May 1 to 28**. You will be able to drop off your used clothing bags from **April 24 avril to May 28** at the door on the side of the building. It's time to start thinking about cleaning out your closets!

For more information:

 veronique_charbonneau@hotmail.com. Follow the opening hours schedule on Facebook.

DROP OFF DATES: April 24 to May 28

THRIFT STORE: May 1 to 28

COUNTRY DANCING SUMMER SESSION

Line dancing practice evenings.

Registration: www.dansecountrycm.com

Info: 581-981-0688

dansecountrycm@hotmail.com

***PAYABLE IN CASH EACH WEEK**



DATE	TIME	WHERE	COST
July 7, 21, 28 Aug. 4, 11	Friday 7 to 10 pm	Covered skating rink	\$10/night*

CREATING FOR FUN!

The more we are, the more fun we have!

Whether you are gifted or not, beginner or advanced, in painting, drawing, knitting or any other medium, everything is worth trying and sharing!

Bring your own material but you can also try some things on-site.



DATE	TIME	WHERE	COST
On-going until end of June	Wednesday 1 to 4 pm	Complexe (2230 Blvd Valcartier)	Free

WORKSHOPS FOR ADULTS

The minimum number of participants must be met to offer the activity.

ALL NATURAL EMERGENCY KITS

Essential oils, and other natural products. Fabrication of products according to ancestral methods

Person responsible: Danielle Julien, Naturopath, Aromatherapist, Herborist, Bachelor in Ergotherapy

18 years and + / Participants min. 8

DATE	TIME	WHERE	COST
May 6	Saturday 9:30 to 12 noon	Sports complex	\$10 / pers. Free for PALA

AFTERNOON OF PAINTING

A model will be demonstrated step by step. All materials needed are included. Snacks and wine will be served. Come discover your inner artist!

Person responsible: Susan McBain

18 years + Participants min. 5 — max. 15

DATE	TIME	WHERE	COST
May 8	Monday 1 to 3 pm	Community Centre	\$25 / pers. Free for PALA

WINE AND PAINT NIGHT

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

Person responsible: Susan McBain

18 years and + Participants min. 8 — max. 16

DATE	TIME	WHERE	COST
May 8	Monday 6:30 to 9:30 pm	Community Centre	\$25 / pers. Free for PALA

ROCK PAINTING

Rock painting, relaxation, hot chocolate, coffee or herbal tea with a snack. Material, refreshments and 2 rocks included.

Given by: Arrochemoi un sourire

18 years and + Participants min. 5 — max. 15

DATE	TIME	WHERE	COST
May 29 June 12	Monday 6:30 to 9:30 pm Monday 6:30 to 9:30 pm	Community Centre	\$22 / pers. Free for PALA

INFORMATIONS PRATIQUES



OFFERED IN FRENCH

Projet CulturADOS!

LA CULTURE... ÇA PEUT ÊTRE COOL!

Des ateliers chaque jeudi soir de 18h30 à 20h au Club Ados!!

Tu dois être membre! Donne ton nom aux animatrices du Club!

Viens apprendre à faire du maquillage professionnel!

6 - 13 - 20 - 27 avril 2023



Viens en apprendre sur les bases du DJ et sur les producteurs musicaux!

4 - 11 - 18 - 25 mai 2023

Viens apprendre des trucs pour pour devenir un bon photographe!

1 - 8 - 15 - 22 juin 2023



Viens apprendre comment on devient caricaturiste!

7 - 14 - 21 - 28 septembre 2023



Avec la participation de :



PÉTANQUE, BEAN BAGS ETC.

For adults aged 50 +

Bring your own pétanque equipment. This is a fun way to get out of the house and socialize with others!

New: Cornhole game and bean bag game also available!

These activities will be held outdoors as soon as the weather allows it.



DATE	TIME	WHERE	COST
April to June	Monday 1 to 4 pm	2215 Blvd Valcartier or outdoors	Free

DATES TO REMEMBER

APRIL

- 27: Conference on Sustainable Local Agriculture
- 30: Deadline for removing winter shelters and Info-vélo Workshop

MAY

- April 24 to May 28: V.E.S. Clothes drive and thrift store
- May 1 - 31: Summer Camp registrations
- 2, 9, 16, 23, 30: Bulk Waste Collection days
- 6: Beginning of parent-child Introduction to Gymnastics and Natural Emergency Kit Workshop
- 8: Painting Afternoon Workshop and Wine and Paint Night
- 12: Last day to submit a CV for the Public Works Day Labourer summer job
- 21 - 27: National Public Works Week
- 22: Municipal offices closed
- 23: Beginning of children's Introduction to Baseball
- 28: Community Yard Sale and distribution of free tree saplings
- Week of the 29: Special collection for fallen leaves
- 29: Adult Rock Painting Workshop

JUNE

- 3: Parent-child Rock Painting Workshop
- 6, 13, 20, 27: Bulk Waste Collection days
- 12: Adult Rock Painting Workshop
- 17: Beginning of TD Summer Book Club and opening of the wade pool
- 22: Beginning of Mommy and Me Group at the wade pool
- 23: Municipal offices closed
- 26 juin au 11 août: Municipal Day Camp Program
- 30: Municipal offices closed

JULY

- Thursday nights: Thrilling Thursday Shows
- 1st: 2nd installment due for municipall taxes
- 1st to August 31: On-going registration for the Flowered House Contest
- 7: Beginning of Country Dancing Summer Session
- 15: Public Market
- 2, 9, 16, 23, 30: Bulk Waste Collection days

AUGUST

- 5: Deadline to register for Slo-pitch Tournament
- 12: Public Market
- 18 et 19: Family Day and Slo-pitch Tournament
- 26: TD Reading Club draw for prizes
- Mid-August: next Indispensable