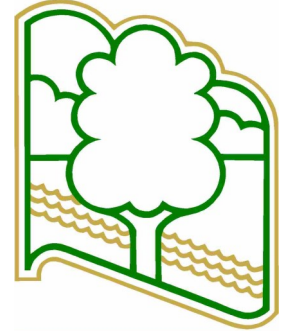


THE INDISPENSABLE



Together, in the  of NATURE



SAINT - GABRIEL
- DE -
VALCARTIER

**WISHING ALL STUDENTS AND TEACHERS A GREAT
START TO THE NEW SCHOOL YEAR!**

FLOWERED HOUSE CONTEST

1. SEND US YOUR PHOTOGRAPHS (MAX. 3 AT BCHASSE@MUNSGDV.CA) BEFORE AUGUST 31
2. FROM SEPTEMBER 1 TO 15: GO VOTE FOR YOUR FAVORITES ON OUR FACEBOOK PAGE



Photo credit: Maureen Bédard



MUNICIPAL LIFE

P. 2-3



CIVIC LIFE

P. 4-6



COMMUNITY LIFE

P. 7,16



LEISURE

P. 8-16



PRACTICAL INFORMATION

P. 16

THE MUNICIPAL OFFICES WILL BE CLOSED ON MONDAY, SEPTEMBER 4 AND MONDAY, OCTOBER 9.



MUNICIPALE LIFE

A WORD FROM THE MAYOR



I trust everyone is enjoying the summer season. We have certainly experienced all types of weather from hot humid days to abundant rainfall, but at least the lawns are lush and green!

No doubt you have noticed two major road repair projects on 5th Avenue and Redmond Road. Unfortunately, with two different contractors involved there has been some overlap in the works. Both needed to be carried out during the July-August months to avoid conflict with school bus transport and construction holidays. I apologize

for the inconvenience and thank you for your patience and understanding.

Our public streetlight project which consists of converting to DEL is nearing completion. This began in 2022 and the results have been very satisfying with much improved lighting and being more economical as well.

Our Family Day weekend is back this year and will be held on August 18 and 19. The usual activities such as slow-pitch ball games will return and there will be two noticeable changes as well. On Friday night there will be a spaghetti supper for the entire family. Also being added is the circus show "Kickass" which promises to be

very entertaining! Don't miss this fun weekend!

Our traditional golf tournament for the community is planned for Sunday, September 17. It will be a continuous Mulligan format, so register soon! Speaking of registrations, don't forget to sign up on our new citizen platform Voilà! It is very useful for registering for sports and leisure activities offered by the Municipality. You can also consult your municipal tax bill and place a request or apply for a permit online.

In closing, enjoy the rest of your summer and stay safe!

Brent Montgomery

VOILÀ! CITIZEN PORTAL

The Voilà! platform is YOUR virtual front door to municipal services.

Create your user account on the online portal today and download the mobile app.

This application will inform you in real time of upcoming activities and important news in the Municipality of Saint-Gabriel-de-Valcartier. Thanks to Voilà! you will always be up to date!



This digital platform is an interactive communication tool and provides easy access to information. You will also have access to your personal file containing pertinent information of concern to you.

For questions or comments, contact us today!

MUNICIPAL TAXES

Final payment of 2023 municipal taxes

We remind you that the third and final payment is due on September 1st, 2023, after which, interest fees will apply.

Payment methods:

In cash (at the counter), by cheque made in the name of Municipalité de Saint-Gabriel-de-Valcartier (at the counter, by mail or in the night deposit box), by debit payment (at the counter) and by Internet or at the ATM at your financial institution.

The 2024 annual tax bill will be mailed the first week of March.





MUNICIPAL LIFE

2023 MUNICIPAL SEPTIC TANK EMPTYING PROGRAM

IMPORTANT INFORMATION:

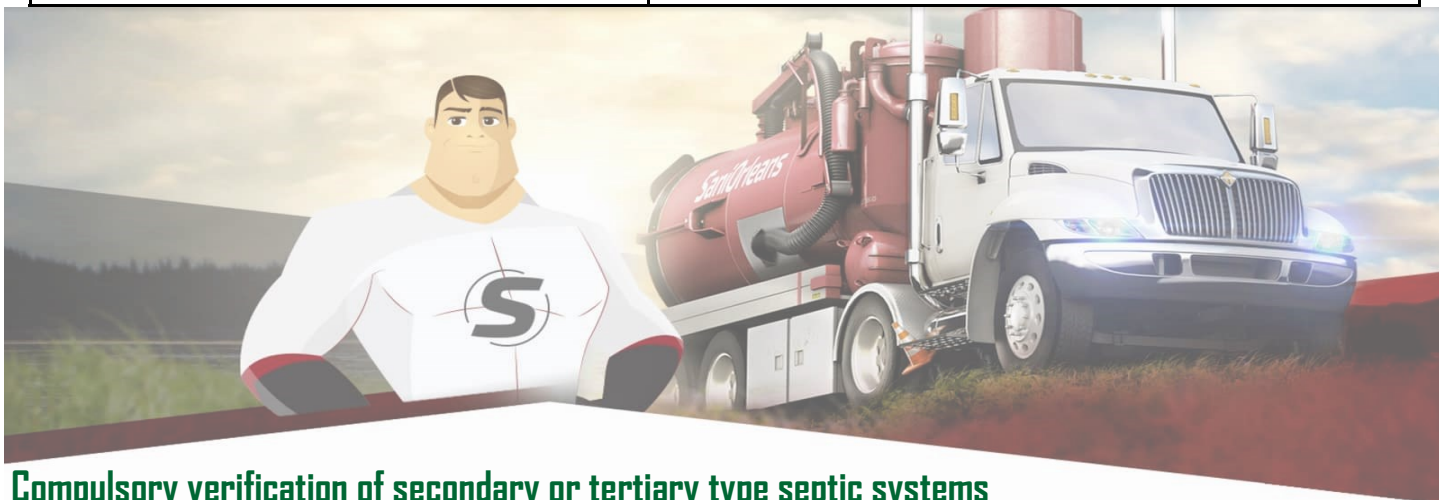
- Take careful note of the schedule (The Indispensable Bulletin, mailings, website);
- Due to the complexity of the schedule/operation, **no accommodation is possible**. If necessary, request the assistance of a neighbour or other person;
- The operator can refuse to offer the service if covers are not cleared properly and in depth as well the handles on each side or if there are obstructions of any kind. **Fees are charged for a 2nd visit when caused by neglect to follow procedures.**

The Municipality is responsible for the emptying of septic tanks on its territory. Note that this service is offered by the Municipality 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 type **“Guide des bonnes pratiques systèmes septiques”** in Google to obtain the Ministry of Environment’s **Guide des bonnes pratiques** (All information available in French only).

PLEASE NOTE: this year's emptying does not include seasonal pits.

September 2023 to August 2025	
Pumping during operation period	\$0
Pumping during operation period but requiring a 2nd visit <i>Ex : Covers not cleared, inaccessible septic, etc.</i>	\$65 taxes included (billed to resident)
Pumping outside of operation period (Septic tank 4.8m ³ max.)	\$399+tx
Pumping outside of operation period <i>For septic tanks and fields with a capacity greater than 4,8 m3 (example: cesspits, community tanks, etc.), the invoice price will be based on the following sum</i>	The first volume pumped not exceeding 4,8 m3: 399 \$ + taxes For every additional increment of volume pumped of 3 m ³ , exceeding the first 4,8 m ³ : 399 \$ + taxes X increment ; For additional increments measuring less than 3 m ³ : will be prorated (ex. : $\frac{2 \text{ m}^3}{3 \text{ m}^3} \times 399 \text{ \$/tank}$)



Compulsory verification of secondary or tertiary type septic systems

Provincial regulation Q-2, R22

We would like to remind you that any secondary, advanced secondary or tertiary type septic system must be contracted at all times with the manufacturer of the system, it’s representative or a qualified third party with the stipulation that a minimum annual maintenance of the system will be carried out.

The owner must file a copy of the contract with the Municipality as well as a copy of the inspection report before December 31 of each year. Penalties of \$ 1000 can be given to the offender.



MUNICIPAL LIFE

PUBLIC WORKS

SAINT-GABRIEL-DE-VALCARTIER ECOCENTRE

What is an Ecocentre?

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

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

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

What can I bring to the Ecocentre?

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

What materials are not accepted?

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

Instructions to be respected:

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

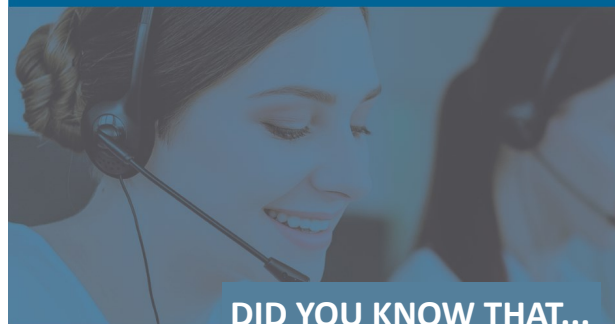
Schedule and location: 2329 Valcartier Blvd. Valcartier

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

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

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

SERVICE FOR CITIZENS



DID YOU KNOW THAT...

CITAM
UNE DIVISION DE CAUCA

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



**MUNICIPAL
EMERGENCIES**

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



La visite Path—Link to Lac Delage

IMPORTANT INFORMATION

**Hunting activities may take place on this territory.
Please be vigilant!**

Bear hunting

September 9 to 24 & Sept. 30 to October 15, 2023

Moose hunting

September 9 to 24 & Sept. 30 to October 15, 2023

Deer hunting

November 11 to 19, 2023

Small game

September 16, 2023 to March 31, 2024

During these periods, we ask that you:

- Stay on the path
- Keep dogs on a leash

Thank you for your cooperation!



CIVIC LIFE

A BUILDING PERMIT IS REQUIRED FOR...

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

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

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

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

SPECIAL LEAF COLLECTION

Bags of leaves will not be picked up during the regular weekly collection of household garbage. The Municipality will organize a special collection the **week of October 30**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.



STRAY CATS AND DOGS



We would like to remind you that all dogs and cats must be kept on a leash or in an enclosure inside your property. An animal outside its property could be recovered by the SPA, custody fees would apply and fines would be given.

At certain times of the year, the Municipality has wood chips to distribute. If you wish to receive some, make a request by calling 418 844-1218.



WINTER SHELTERS

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



CIVIC LIFE

FIRE SAFETY SERVICE

THE FIRST PERSON RESPONSIBLE IS YOU!

Fire Prevention Week
October 8 to 14, 2023

Votre gouvernement

Québec

Fire Prevention Week runs from **October 8 to 14**, with the theme "The first person responsible is you! »

Did you know that...

If a fire were to break out in your home, fire and smoke could trap you within three minutes.

Increase your chances of survival with two practical steps:

- * Make sure you have a fully functioning smoke detector at all times;
- * Prepare an evacuation plan for your residence.

OPEN HOUSE AT THE FIRE STATION

COME AND SEE US ON SATURDAY, AUGUST 19, FROM 10 A.M. TO 2 P.M. DURING FAMILY DAY. WE'LL GIVE YOU A TOUR OF THE FIRE STATION, SHOW YOU THE FIRE TRUCKS AND, WHO KNOWS? WE MIGHT HAVE A FEW SURPRISES UP OUR SLEEVE FOR YOU!



BYRON MCBAIN FUND LABOR DAY BBQ

This community fundraiser is organized by the Fire Safety Services and will be held on **Sunday, September 3** at the Valcartier Community Center.

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

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

Games for children: 4 pm

Dinner served: from 5 to 7 pm

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



HALLOWEEN SAFETY ROUTE AND HAUNTED HOUSE:

Firefighters will be monitoring traffic between **5 p.m. and 7 p.m. on Halloween evening (Tuesday, October 31).**

Here's the patrolled route:

Boulevard Valcartier from rue Morley to Dépanneur du Village; rue Morley; Domaine St-Gabriel and Place Leduc.

Motorists using these streets:

Be vigilant and drive under the speed limit.

Residents: please tie up your dogs and turn off the outside lights if you are not participating or when you can no longer accommodate children.

Thank you for your cooperation and we hope that our efforts will contribute to the safety of your children.

Haunted house: Our traditional haunted house will be open on the grounds of the United Church at 2235, boul. Valcartier.

Before starting the tour, drop by the FIREHOUSE to pick up a flashing pin and a surprise!

Come and warm up with a cup of hot chocolate or coffee.

This activity is offered in collaboration with the Municipality, the Fire Department and the Sports and Recreation Department.



VOLUNTEER FIREFIGHTER

Have you always dreamed of becoming a firefighter? This is your chance! We're looking for volunteer firefighters right here in your community.

Fill out the online form (www.saint-gabriel-de-valcartier/service-aux-citoyens/securite/incendie/devenir-benevole) or send your CV to: admin@munsgdv.ca

COMMUNITY LIFE



A PEEK AT THE PAST

BETTY'S QUILTERS

by Joyce McCartney, a member of Betty's Quilters since 2000

Like many rural Quebec communities, quilting has been an important part of the culture in our community. In the early days, it was a question of necessity when our ancestors collected used garments and cloth to recycle them into a new form, a patchwork quilt.

Mothers would sew in their own homes and would often come together as a group, known as a Quilting Bee, to help each other finish a quilt. Church basements and halls would also have been used for this purpose. Many of us have memories of our grandmothers making quilts and some may be the lucky recipient of a precious heirloom.

Eventually quilters in Valcartier were fortunate to have access to the Community Centre where they could set up in a large room. In 1980, quilting classes were started in the basement of the facility where quilting groups met sporadically until the mid 1990s when Betty Montgomery Tremblay returned to live in Valcartier. It wasn't long before she began sharing her quilting and gardening skills with family and friends. She organized small quilting groups who met occasionally. During the late 1990s, a group of about a dozen ladies were meeting regularly under Betty's guidance. By the year 2000, the local group was expanding.

During the following year, 2001, Betty was diagnosed with cancer and couldn't meet with the group as often. In her absence, her "students" collectively made her a quilt. It was presented to her with a signed label: "Hope you're feeling better, Betty's Quilters." Sadly, Betty passed away in 2002. It was at that moment that the quilting members officially named their group "Betty's Quilters."

At present, 20 active members share their unique expertise and experience. The social dynamic and atmosphere within the group is very positive and friendly. Members meet every Monday at the Community Centre, 9 am to 3 pm, from September to May. Newcomers are always welcome. The highlight of each quilting year is Betty's Quilting Exhibition.

**BACKYARD BIRDS—by Maureen Bédard, councillor**

**BACKYARD BIRDS IS
ON VACATION FOR
THE SUMMER AND
WILL BE BACK IN
THE FALL**

**PLEASE, FACILITATE
PASSAGE**

FIREFIGHTER



FLASHING GREEN



COMMUNITY LIFE



PUBLIC Market

With the participation of :

Entente de développement culturel



**AUGUST 12 FOOD MARKET, CRAFTS AND DISTRIBUTORS
CELTIC TRADITIONS 10 AM - 4 PM**

Traditional music, scones and whiskey tasting, Celtic treasure hunt and more!

**SEPTEMBER 23 FOOD MARKET, CRAFTS AND DISTRIBUTORS
HARVEST FESTIVAL 10 AM - 4 PM**

Pumpkin contest, kermesse, corn roast and more!

LEISURE

MUNICIPAL LIBRARY



- Congratulations to all our summer readers! The TD Summer Reading Club draw for prizes will be held **August 26 at 3:00pm** at the Library.
- A book rotation will be held mid-October. Look for the green dots for new books!
- Regular hours begin **September 5:**
 Tuesday 2:30 to 8:30 pm Wednesday 6:30 to 8:30 pm Saturday 1 to 4 pm
- Halloween story hour to be held: **Friday, October 27**
(Look for details on Facebook)
- Virtual reality headsets are back! Ask at the library! (Ages 12+)
- Outdoor Book Boxes will remain until November, but donated books are available year-round in the library.



MESSAGE FROM THE SPORTS AND RECREATION DEPARTMENT

After a busy summer of activities, we're pleased to present the fall 2023 program. The recreation team is always open to your ideas and comments throughout the year. Please don't hesitate to contact us, as your ideas help us to offer programming that meets your tastes and interests! Once again, we're delighted to offer you a wide range of activities for the fall 2023 session!

Pam et Véro

**MERCI
GRAZIE
GRACIAS
THANK YOU**

JOURNÉE FAMILIALE



FAMILY DAY

AUGUST 18-19, 2023

FRIDAY, AUGUST 18, 2023

Spaghetti Supper 5pm to 7 pm

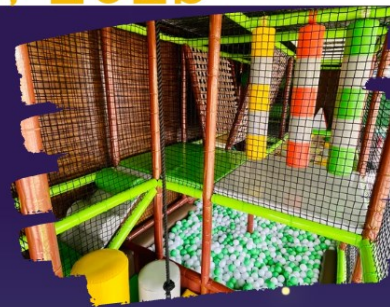
Kikass Circus 7pm

Wood Curver

Slow Pitch games

Wigo - mobile amusement trailer 5pm to 9 pm

Terrace (18+)



SATURDAY, AUGUST 19, 2023

Softball games

Zone PALA - Coffee for seniors

Open House Fire Department

Pétanque, Horseshoes, CornHole

End of season Timbits/Baseball

Terrace (18+)

Food trucks 12 noon- 7pm

(Mechoui - Smokemeat - Poutines - Hot-dogs - Mini-doughnuts

- Brûlerie Jacques Cartier - Crèmerie Wendake)

Mini farm Noon-7pm

Circus fair 1pm-7pm

Flip Top - Circus workshops 4:30pm-7pm

Face Painting

Fireworks 9pm

Live Band with *Just do hits* 9h30pm



LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6

SCIENCE AND TECHNOLOGY WORKSHOPS

The mission of *Boîte à Sciences* is to help develop young people's skills in science and new technologies, as well as their creative abilities. Their approach is based on a sense of competence, experimentation and play. Sign up and come and experience science!

6 to 8 years old - Saturday from 1 to 2 pm

9 to 12 years old - Saturday from 2:15 to 3:15 pm

Minimum 10 participants in each group for workshops to be offered. Maximum of 12 participants in each group.

REGISTRATION ON VOILÀ!



AGE	DATE	TIME	WHERE	COST
6 to 12 years old	Sept. 24	Saturday 1 to 2 pm 2:15 to 3:15 pm	Community Centre	\$180/10 workshops

GYM

Age group:
14 years and +

Schedule:

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

PRICE LIST

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

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

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

→ 50% rebate (except card and session prices)

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

Tel. : 418-476-1053

COMPLEX - 2230 BLVD VALCARTIER



HISTORICAL COMMITTEE



- ◆ Look for us at the Market on August 12 and dance to the tunes of James Allen from 2-4 pm!
- ◆ We are busily setting up the office and archives after the new coat of paint. Some interesting bits of history already adorn the walls of the multi-purpose room. Stop by for a visit! Office hours will be posted on Facebook or call the Municipality to contact us.
- ◆ Plans for an In-person/Facebook tour of the churches is in the works for November. Look for details on Facebook!



LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6

PLEASE NOTE THAT REGISTRATION FOR ALL LEISURE ACTIVITIES IS DONE THROUGH YOUR VOILÀ! CITIZEN PORTAL, UNLESS OTHERWISE INDICATED. REGISTRATION DEADLINE: SEPTEMBER 6.

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

VINI YOGA with MarieJOIE

On a mat or a chair

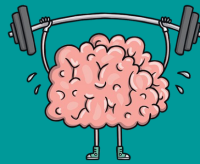
Invitation to a journey within Oneself. A gentle, slow, deep, gradual yoga, respectful of personal limits; a yoga carefully adjusted to each individual.

14 weeks beginning September 11 to December 18 (no class on October 9)

DATE	TIME	WHERE	COST
Sept. 11	Monday 1-2:30 pm	Complex 2230, boul. Valcartier	\$70/14 weeks or PALA

WELLNESS AND BRAIN GYM

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



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

DATE	TIME	WHERE	COST
Sept. 25	Monday 10-11 am	Community Centre 2215, boul Valcartier	\$50/10 weeks or PALA

FITNESS TRAINING 50 YEARS +

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

Newcomers are always welcome for a tryout!

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

DATE	TIME	WHERE	COST
Sept. 19	Tuesday 9:30-10:30 am Thursday 1:30-2:30 pm	Community Centre 2215, boul Valcartier	\$50/12 weeks or PALA

POUND UNPLUGGED

Come and enjoy a whole new fitness experience!

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.

Course structure: 2 HI-fi parts (ultra-efficient HIIT cardio and muscular training) + 1 LO-fi part (restorative)

Age group:
Adults 16 years +



DATE	TIME	WHERE	COST
Sept. 28	Thursday 7 to 8 pm	Sports Centre Dance local 2217, boul Valcartier	\$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 : Adults and 16 years +



DATE	TIME	WHERE	COST
Sept. 25	Monday 7 to 8 pm	Community Centre 2215, boul Valcartier	\$50 / 10 weeks



LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6

INTRODUCTION TO GYMNASTICS

PARENT-CHILD - Get moving with your little ones!
 A parent-child bond where the creative side is called upon throughout the activity to keep fun at the forefront, push everyone's personal limits and achieve new physical feats with pride, in a most 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.

Age group: 18 months to 5 years old
Minimum 8 duos (parent-child)
Maximum 10



DATE	TIME	WHERE	COST
Sept.13 18-30 months 3-5 years	Saturday (1 out of 2) 8:55-9:40 am 9:40-10:40 am	Complex 2230, boul. Valcartier	\$75/6 weeks \$90/6 weeks

DEPENDANCE STUDIO

Recreative and competitive groups
 New logo, new website, but the same pleasure in coming to dance!
 Introduction to dance, hip-hop, acrodance, contemporary and lyrical and jazz.



www.studiodependance.ca
 Registration: Studio Dependance
Age group: 3 years old and over | adult groups

DATE	TIME	WHERE	COST
Oct. 7	See Facebook page	Dance local Sports Centre 2217, boul Valcartier	\$125/12 weeks \$5 rebate for families

CPR AND AED



The objective of this course is to enable participants to intervene in an emergency and apply the principles of intervention before the arrival of emergency medical services.

Min. 10 participants - max. 20

DATE	TIME	WHERE	COST
Oct. 14	Saturday 1– 5 pm	Community Centre 2215, boul. Valcartier	\$50

MOMMY AND ME MORNINGS

Come chat with other parents while your little ones have fun! Kids socialize and parents chat! We'd love to hear your ideas for special activities, workshops, meetings or conferences! We look forward to hearing from you!



Age group: 0-3 years old

DATE	TIME	WHERE	COST
Sept. 6	Wednesday 9:30-11:30	Community Centre 2215, boul. Valcartier	Free

BLACK BEARS SOCCER CLUB

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



Age group: 9 years old and over
Registration on Voilà! Until September 18 maximum
Club de soccer les Ours noirs de St Gabriel de Valcartier

DATE	TIME	WHERE	COST
Oct. 29	Games on Sundays (to be confirmed)	Ville de Québec indoor stadiums	\$160 +\$60 uniform (if not purchased already)

BABYSITTING COURSE

Minimum of 12 registrations needed.
Age group: 11 years old and over (or 6th grade)

DATE	TIME	WHERE	COST
Oct. 15	Sunday 8:30 am – 4:30 pm	Community Centre (Club Ados)	60 \$

COMMUNITY GOLF TOURNAMENT—29th Edition

Info: Pamala Hogan Laberge | plaberge@mungsdv.ca
 Date: September 17 (first departure at 11:30 am)
 Where: Centre Castor
 Registration: before September 8 on Voilà!
 Price: \$90 includes golf cart
 A HUGE thank you to ALL our sponsors!





LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6

WORKSHOPS FOR ADULTS

FAMILIARIZATION WITH ESSENTIAL OILS - TIPS AND TRICKS

You asked and we listened! We are offering the first workshop again!

Discover the basics of essential oils and learn about their virtues. You'll be amazed at their many uses!

Person responsible: Danielle Julien, Naturopath, Aromatherapist, Herborist|Bachelor in Ergotherapy
Fabrication of products according to ancestral methods.
18 years + / Participants min. 8 – max. 30 participants

DATE	TIME	WHERE	COST
Oct. 14	Saturday 9:30 am to 12 pm	Complex 2230, boul. Valcartier	\$15 / pers. or PALA

DISTILLATION WORKSHOP

Learn about the production of floral waters and essential oils. Learn about the benefits of floral waters. Leave with a distillation product.

Person responsible: Danielle Julien, Naturopath, Aromatherapist, Herborist|Bachelor in Ergotherapy
Fabrication of products according to ancestral methods.
18 years + / Participants min. 8 – max. 10

DATE	TIME	WHERE	COST
Nov. 18	Saturday 9:30 am to 12 pm	Complex 2230, boul. Valcartier	\$25 / pers. or PALA \$10

PAINTING AFTERNOON

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
Sept. 11 Oct. 16 Nov. 20	Monday 13h à 15h	Community Centre 2215, boul. Valcartier	\$25 / 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. Snacks and wine will be served. Come and discover your inner artist!

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

DATE	TIME	WHERE	COST
Sept. 11 Oct. 16 Nov.20	Monday 6:30 to 9:30 pm	Community Centre 2215, boul. Valcartier	\$25 / pers. or PALA

WORKSHOPS FOR ADULTS

WHISKEY TASTING / WHISKEY MEAL PAIRING

Come and taste different Whiskies and learn more about this spirit. A meal pairing with the Whiskies presented will also be served.

Persons Responsible: Annie Kelly AND William Hush
18 years + / Participants min. 10 – max. 30 participants

DATE	TIME	WHERE	COST
Oct. 20	Friday 6:30 to 9:30 pm	Community Centre 2215, boul. Valcartier	\$40 / pers.

INDOOR BOCCE

When the rain and cold arrive, this activity moves indoors! Bring your pétanque equipment. A great way to get out and meet new people!

New: pocket game and cornhole game also available on request!



DATE	TIME	WHERE	COST
Sept. 4	Monday 1 to 4 pm	Dance local or outdoors	Free

PICKLEBALL

Come and try it out on the covered rink, as long as the nice weather allows you to play outside. Then, we will transfer to Mont St-Sacrement. Indoor times to be confirmed.

Age group: 18 years old and over



DATE	TIME	WHERE	COST
Until en of October.	Monday / Wednesday 6:30 to 8:30 pm	Covered Rink 2217, boul. Valcartier	Free

CREATING FOR FUN

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

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



DATE	TIME	WHERE	COST
Sept. 6	Wednesday 1 to 4 pm	Complex 2230, boul. Valcartier	Free

LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6



SENIOR HEROS

The aim of this training is to enable people aged 55 and over to respond quickly and effectively to family and friends in the event of a cardiopulmonary emergency and basic first aid. This training also enables people with physical limitations to practice or demonstrate the gestures to someone who can perform them for them. Training given in 2 sections of 3 hours each. (CPR section and First Aid section)



Min. 8 participants - max. 20

DATE	TIME	WHERE	COST
Oct. 18 Oct. 25	Wednesday 9 am - 12 pm	Community Centre 2215, boul. Valcartier	\$25 / section or PALA

COUNTRY dancing

Beginner and intermediary dance classes (line dancing only)



Registration: www.dansecountrycm.com
Info: 581-981-0688 | dansecountrycm@hotmail.com

PAYABLE IN CASH THE NIGHT OF

DATE	TIME	WHERE	COST
Sept. 13	Wednesday 6:45 pm (beginner) 8 pm (intermediary)	Community Centre 2215, boul. Valcartier	12 courses \$10/ pers./ course

CLOTHES DRIVE AND THRIFT STORE



Once again the VES OPP is back with it's temporary clothes drive and thrift store! Many people participate and take advantage of giving away their clothes, we love this time of year! Encourage our VES students and give a 2nd life to your belongings and used clothing!

Clothes Drive dates: September 23 to October 28 at the Sports Centre (2217, boul. Valcartier) during opening hours.

THE THRIFT STORE WILL BE OPEN OCTOBER 2 TO 28, SCHEDULE TO COME.

*Men-women-children-infant-maternity clothes, shoes, boots, bedding, games, decorations, no furniture.

TAI CHI

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

Information: 418 844-2866

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



DATE	TIME	WHERE	COST
Oct. 4 10 weeks	Wednesday 9:30 to 11 am Friday 9:30 to 11am	Complex 2230, boul. Valcartier	\$120/ 1x week \$180/2x week. or PALA

TAEKWON-DO

A martial art that targets the global development of the person as much as the physical, cognitive, social and moral levels. Specifically, it's a method of self-defence with bare hands characterized by various techniques of blocking, kicking and blows with the hands.



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

OUR APPROACH

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

Age group: 7 years +

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

DATE	TIME	WHERE	COST
Sept. 5	Tuesday & Thursday 6:15 - 7:30 pm 7:45 - 9 pm (black belts)	Community Centre 2215, boul. Valcartier	\$110* 12 weeks

LOOKING FOR VOLUNTEERS

*We're looking for volunteers to provide services to seniors in our community. If you have some time to offer, contact us and we'll let you know more.
We're always happy to have new volunteers for our recreational activities too! Come and get involved with us!*



LEISURE—REGISTRATION ON-GOING UNTIL SEPTEMBER 6



*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
- Physik Center
- Brain Gym 1 & 2
- Coffee and Chat
- Music practice room
- Painting and crafts activities
- Discovery workshops
- Collaborative kitchens and culinary workshops
- Pool table afternoons
- 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**



In collaboration with :



Information

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

☎ 418-844-1218

✉ coordoloisirs@munsgdv.ca



Voice of English-speaking Québec

VEQ is non-profit organization working to preserve and develop community life in the English-speaking community in Quebec, as well as in its Northern perimeter, by acting as a hub of information, providing services and activities to newcomers, as well as youth, families, and seniors. VEQ also works in partnership with local stakeholders, municipalities, local organizations, schools, and residents supporting events and initiatives. Visit our Facebook page and don't hesitate to call or stop by our offices to find out more about our activities and events this coming fall.

For more information:

Dominique Paddack
(418) 683-2366 ext. 227
dominique.paddack@veq.ca

VEQ Office

438 Boulevard Jacques-Cartier, Suite 206 (Place Shannon)

Shannon (QC) G3S 1N5

<http://veq.ca/> - Follow us on Facebook: <https://www.facebook.com/VoiceofEnglishspeakingQuebec/>

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec

PRACTICAL INFORMATION



MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

2215, boul. Valcartier
Saint-Gabriel-de-Valcartier
(Quebec) GOA 4S0

Telephone : 418 844-1218
Fax : 418 844-3030
email: admin@munsgdv.ca

WEBSITE

www.saint-gabriel-de-valcartier.ca



Jeffery Hale
Saint Brigid's

Jeffery Hale Community Services (JHCS) provides CLSC-type services for the **English-speaking community** in the greater Capitale-Nationale region. We provide a range of youth and family services, mental health programs, as well as home care and day center for the elderly and people experiencing loss of autonomy.

More specifically, services for seniors and caregivers include:

- *Homecare services*: nursing, occupational therapists, psychosocial services and support, setting up hygiene care and domestic help services.
- *Day Centre*: socialisation, physical and cognitive activities, respite care, etc.
- *Freshly prepared frozen meals*
- *In-home stimulation*: social, cognitive and physical exercise at home
- *Public housing access procedures*
- *Palliative care services*
- *Respite and temporary housing arrangements*

For any questions or for a service request please call **418-684-5333 extension 11805**. The Jeffery Hale–Saint Brigid's is regrouped with the CIUSSS de la Capitale Nationale.

POPOTE ET MULTI-SERVICES

SERVICES:

- ◆ Meal deliveries
- ◆ Accompaniment and transport
- ◆ Friendship visits
- ◆ Animation
- ◆ Our seniors, our priority!

POPOTE ET MULTI-SERVICES WHO'S IT FOR?

- ◆ Seniors
- ◆ Individuals with a loss of autonomy
- ◆ Convalescent individuals

THE POPOTE IS ALSO MORE THAN MEALS...

- ◆ A healthy diet
- ◆ Support
- ◆ Security
- ◆ A personalized service
- ◆ Tax credit receipt (70 years old and over)



To reach us:

418-845-3081 or through the Municipality's Sports and Recreation Department at **418-844-1218**.

If you'd like to get involved as a volunteer, whether for meal delivery or escorting, we'd love to hear from you.

DATES TO REMEMBER

AUGUST

- 12 Public Market and traditional music
- 18-19 Family Day festivities and slo-pitch tournament
- 19 Open House at the fire station
- 26 Draw for prizes—Summer Reading Club

SEPTEMBER

- 1 Last payment of municipal taxes
- 3 Labour Day BBQ
- 4 Municipal offices closed
- 5 Beginning of Taekwon-Do
- 6 Beginning of Mommy and Me Mornings and Creating for fun class
- 7 Beginning of Studio Dependance—Hip-Hop classes
- 11 Beginning of Vini Yoga, Wine and paint night, Painting afternoon and of indoor Bocce
- 13 Beginning of Initiation to gymnastics class and Country dancing
- 17 Community golf tournament
- 19 Beginning of 50+ training class
- 23 Agroalimentary and various artisans market
- 24 Scientific and technological workshops
- 25 Beginning of Wellness and Brain gym classes

23 au 28 oct.

Clothes drive for VES thrift shop

- 28 Beginning of Pound Unplugged classes

OCTOBER

- 1 Winter shelters authorized
- 4 Beginning of Tai-Chi classes
- 2 au 28 VES thrift shop opens
- 9 Municipal offices closed
- 14 Familiarisation with essential oils workshop
- 15 Babysitting course
- 16 Painting afternoon and Wine and paint night
- 14 CPR and AED course
- 18 Senior Heros training
- 20 Whiskey tasting workshop
- 25 Senior Heros training
- 27 Halloween story hour at the Library
- 28 Beginning of indoor soccer
- 30 Special collection of fallen leaves (all week)
- 31 Halloween safety route and haunted house

NOVEMBER

- 5 Return to standard time
- 18 Distillation workshop
- 20 Painting afternoon and Wine and paint night