

VOL. 17, Issue 1 • mid-DECEMBER to mid-FEBRUARY 2024

THE INDISPENSABLE



Together, in the  of NATURE



SAINT • GABRIEL
• DE •
VALCARTIER

JOYEUSES FÊTES ET BONNE ANNÉE!
HAPPY HOLIDAYS AND HAPPY NEW YEAR!



MUNICIPAL LIFE

P. 2



CIVIC LIFE

P. 3-5



COMMUNITY LIFE

P. 6, 7



LEISURE

P. 9-17



PRACTICAL INFORMATION

P. 19

THE MUNICIPAL OFFICES WILL BE CLOSED FROM DECEMBER 25 TO JANUARY 3, 2024 INCLUSIVELY.

MUNICIPAL LIFE



A Word from the Mayor



«The municipal council made the decision to try refrigerated mats for our skating rink on a trial basis... The response of our citizens has been very enthusiastic thus far and hopefully will continue. »

The Christmas season is fast approaching, and I am sure everyone is busy preparing for the festive season! It is always a pleasant time of the year to enjoy the company of family and friends.

The municipal council made the decision to try refrigerated mats for our skating rink on a trial basis. The reasoning behind this decision was to extend the season for the use of the rink both at the beginning and end of the year. The rink can be used from the beginning of November until the end of March. The response of our citizens has been very enthusiastic thus far and hopefully will continue. Another benefit of the system is to eliminate downtime due to winter thaws.

With the increasing popularity of electric vehicles, we have proceeded with the installation of 4 charging stations. Two are at the Community Center and the 2 others are at the Physik Centre. They will soon be available for use by the provincial App Network.

The Flowered House contest was a huge success. The winners are as follows: first place: Claire Gervais and Jocelyn Roberge (rue Charles), second place : Lorraine Daigle (5th Avenue) and Geneviève Boulay (rue Morley) for the «Coup de coeur» prize. Congratulations to all the participants.

Finally, our annual Christmas Tree Lighting Day will be held on December 17th. Many activities are planned and Santa Claus will make an appearance as usual ! I would like to wish all our citizens a Happy Holiday season and a prosperous New Year !

Brent Montgomery

VOILÀ! - YOUR MUNICIPAL SERVICES ONLINE



Voilà! It's **your citizen's platform!** It's the ideal tool to facilitate the interaction between citizen and municipality, offering easy access to financial information and online transactions.

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

This platform will allow you to:

- Consult your assessment and taxation data in the "Property" section
- Keep abreast of municipal news by choosing to receive an e-mail or cell phone notification each time a news item or event is posted online
- To customize your user account based on your interests

- To register for sports and cultural activities (don't forget to create your user account on Voilà! beforehand and pre-register all your family members, see page 10)
- To receive rapid notifications in case of emergency
- To make online requests for permits and non-urgent requests

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

Questions? admin@munsgdv.ca

CIVIC LIFE



SAINT-GABRIEL-DE-VALCARTIER

MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER
M.R.C. de la Jacques-Cartier
Province of QuébecPUBLIC NOTICE
Deposit of the valuation roll for the 2024 fiscal year

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

THAT the three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier will be in effect for its **third** financial exercise in 2024. That the assessment roll was deposited at the municipal office on August 22nd, 2023, and that all those interested may consult the roll at the municipal office situated at 2215 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday from 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.;

THAT according to article 74.1 of an "Act Respecting Municipal Taxation", notice is also given that anyone interested may make a request for revision concerning this assessment roll according to section 1 chapter X of this law on the grounds that the assessor did not make an alteration to the roll that ought to have been made according to article 174 or 174.2 of the law;

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

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

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 30TH DAY OF AUGUST 2023.

Heidi Lafrance,
Director General/Clerk-Treasurer

WINTER PARKING

The Municipality would like to remind you that streetside parking is not permitted at any time during the winter season under penalty of law.



FIRE PREVENTION SERVICE



With winter already upon us, we need to keep in mind that the heating appliances we use carry certain risks.

For wood heating, it's important to remember to sweep the chimney at least once a year, including the connecting pipe between the stove and the chimney. It's often in this part of the chimney that creosote deposits build up, causing chimney fires.

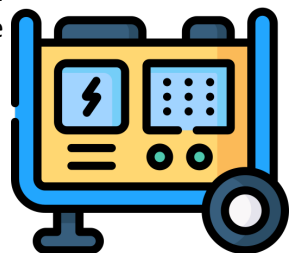
It's also important to remember that all combustion heating appliances, whether wood stoves, propane fireplaces or oil furnaces, can produce carbon monoxide (CO) fumes inside buildings. If you own such an appliance, we recommend you install a CO alarm. It can be plugged into a wall socket, or battery-powered, ceiling-mounted like a smoke alarm. Combined smoke and carbon monoxide alarms are also available, making them a very attractive option.

Using a Generator

Bad weather regularly brings us power outages. The use of a generator is now very widespread but carries risks of fire and poisoning by its exhaust gases. Here are some rules to follow for the safe use of a generator.

- Read and follow the manufacturer's instructions
- Have a qualified technician connect your generator to your home's electrical system through its panel and transfer switch.
- Place the generator outside, in a ventilated area and away from doors and windows (not in a garage). You will prevent exhaust gases from entering your home.
- Make sure it is firmly fixed on the ground

Learn more about using a generator safely by visiting the Red Cross website.





CIVIC LIFE



Fire Prevention

THE FIRST PERSON RESPONSIBLE IS YOU!

TIPS FOR THE HOLIDAYS



CHRISTMAS TREE

- Install your natural or artificial tree away from heat sources (baseboard, heater, fireplace, etc.)
- Place the tree in a container filled with water and water every day.
- Choose an artificial tree over a natural one to reduce fire hazards.



CHRISTMAS LIGHTS

- Choose decorative lights approved by organization such as CSA or ULC. Ensure they are in good working order and install according to manufacturer's instructions.
- Turn off the lights before going to bed or leaving the house.



CANDLES

- Place candles on a stable surface and away from any flammable object.
- Keep out of reach of children and animals.
- Extinguish all candles before exiting a room or leaving the house.



HOLIDAY COOKING

- Keep a constant watch over food that is cooking.
- Do not store objects in the oven or on cooking surfaces.
- Keep children away from cooktop.
- Make sure to turn off cooking appliances before leaving the kitchen or the house.



FONDUE POT BURNER

- Place the burner on a stable, heatproof surface.
- Do not fill the burner when it is hot. Use a second burner instead.
- Choose an electric fondue pot instead.



EXTENSION CORDS

- Use extension cords approved by an organization such as CSA or ULC.
- Do not surcharge the electric circuit.
- Replace any damaged cords or cords



PORTABLE ELECTRIC HEATING EQUIPMENT

- Plug the appliance directly into the socket.
- Always use an appliance approved by a recognized organization such as CSA or ULC.



OUTINGS AND ACCESS LANES

- Clear exits, balconies, terraces and windows of snow after every snowfall.
- Make sure that access lanes leading to exits are always cleared.



ASHES

- Let ashes cool down outside in a metallic container with a metallic cover.
- Wait at least seven days before transferring to a garbage bin.

SI-043 (2019-11)

In collaboration with your Fire Safety Service

Quebec.ca/prevention-incendies



CIVIC LIFE

URBANISM—ENVIRONMENT

Recycling

Sorting residual materials at home is a simple way for anyone to do their part for the environment. In fact, it's the key to effective recycling, as it enables us to get our waste to the right places, thus facilitating the work of the sorting centers and the recovery process.

Here's a reminder of what goes in your blue bin:

- Unsoiled paper and cardboard
- Plastics
- Glass containers
- Metal and aluminum

Did you know that the municipal offices have drop-off points for certain materials that don't fit in your blue bin?

You can drop off :

- Batteries
- Ink cartridges
- Old cell phones and their rechargeable batteries

Do you have end-of-life materials at home and aren't sure how to dispose of them?

Download Recyc-Québec's "Ça va où?" mobile app to find out where to go and where to drop off your



Saint-Gabriel-de-Valcartier ECOCENTRE

The Ecocentre located at 2329 Blvd Valcartier is open Saturdays from 8 am to 12 pm (noon).

WHAT CAN BE BROUGHT TO THE ECOCENTRE?

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

Tires and rims

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

Branches, debris, leaves, concrete, stumps

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

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

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



Best practices for your septic installation

To maximize the life of your septic system and avoid costly breakdowns, certain products should not be flushed down your toilet or sink. Some of them can interfere with the operation of your system by affecting the bacteriological activity (bacterial flora) present in the tank, and in a relatively short time lead to clogging of the treatment system. For this reason, the following recommendations are essential:

- Clean your prefilter at least once a year.
- Do not use additives in your pit.
- Use biodegradable toilet paper.
- Use a phosphate-free detergent.
- Use bleach in reasonable quantities.

- **Never flush paper, Kleenex, paper towels, Q-tips, cigarette butts, sanitary napkins, wipes, diapers or condoms down the toilet or sink.**

Be alert!

As the owner of a septic system, it's your responsibility to make sure it's working properly and that no contaminants are being released into the environment.

Increased greenness, spongy soil or water leaks in your septic system, unpleasant odours and slow evacuation of water from your home may be signs of a defect or breakdown. When this happens, it's important to contact a professional and, if necessary, schedule the necessary repairs.



CIVIC LIFE

Septic System Maintenance Reminder

Carrying out annual maintenance on your septic system will ensure its proper operation and minimize risks to your health and the environment. It is the responsibility of every owner or user to ensure that their system is properly maintained, and that any parts that have reached the end of their service life are replaced.

Do you own an advanced secondary or tertiary treatment system? The Bylaw for sewage disposal and treatment for isolated residences requires you to be bound at all times by a valid contract with the system manufacturer, its representative or a qualified third party. This contract ensures annual system maintenance and minimizes the risks associated with septic system failure. Remember to renew your maintenance contract if you haven't already done so!

Cesspools: what do the regulations say?

If your home was built before August 12, 1981, you may have a cesspool. Provincial regulations allow some tolerance for cesspools built before that date, provided they are not a source of nuisance and do not discharge wastewater into the environment. The pollutants in wastewater can contaminate groundwater and wells, endangering your health and the health of others. That's why it's the responsibility of every cesspool owner to ensure that it is working properly. There are no acquired rights when it comes to insalubrity, nuisance and pollution.

PUBLIC WORKS

Winter Storms—Garbage and Recycling

The Public Works Department would like to draw your attention to a problematic situation during winter storms. Several bins are broken or destroyed every winter when they are wrongly placed on the roadside during a storm. To fix this, the solution is simple: do not put out your bins during a storm unless it is ABSOLUTELY necessary to do so. This simple habit would reduce replacement costs and give a hand to snow removers! Thank you for your collaboration!



Special Christmas Tree Collection

During the weeks of **January 1 and 8**, the Municipality will offer a special pick up of natural and artificial Christmas trees. No need to sign up for this service but you must put your tree at the roadside for **January 4, at the latest**.



DOG LICENSES

MUNICIPAL LICENCES ARE VALID
FROM JANUARY THROUGH DECEMBER
OF EACH YEAR.

COME BY THE MUNICIPAL OFFICE TO
GET YOUR DOG TAGS AS SOON AS
POSSIBLE!

(See page 17 for registration on
the new Gestipattes platform)



Bulk Waste Collection

The Municipality will collect bulk waste on a **weekly** basis. This service functions on a call-in basis only, **please do not deposit non-household waste in front of large refuse containers or community mailboxes**. You must call **418 844-1218** to schedule this service or register on-line on the Municipality's Website, under the «On-line request» section. When you call, please be ready to give us an

itemized list of materials to be collected.

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

You can dispose of renovation materials at the Ecocentre (see P. 6). You can't dispose of them in regular garbage bins, as the contractor won't pick them up.

DID YOU KNOW THAT...

- ◆ **IN ORDER TO FACILITATE SNOW REMOVAL OPERATIONS, IT IS FORBIDDEN TO DUMP SNOW ON PUBLIC ROADS OR ADJACENT LAND.**
- ◆ **IT IS FORBIDDEN FOR ANYONE TO TRESPASS ON PRIVATE LAND, WITHOUT THE EXPRESS AUTHORIZATION OF THE OWNER, HIS REPRESENTATIVE OR OWNER OF THE PREMISES. THIS INCLUDES ALL OFF-ROAD VEHICLES.**

COMMUNITY LIFE



Backyard Birds—Maureen Bédard, councillor

PINE GROSBEAK

With the first snow on our doorstep, if it hasn't arrived yet, I thought I would write about a bird that we frequently see in our region throughout the winter.

The PINE grosbeak is a species of bird in the Fringillidae family, just as the evening grosbeak.

The male is of a pinkish colour whereas the female and immature are greyer and olive yellow. This bird measures approximately 24 cm and has a wingspan of more or less 32 cm with a weight of between 45 and 75 grams. Its abdomen and sides are grey and the beak and legs are black. The tail is quite long, black and a little forked while its beak is very robust, conical and slightly hooked.

The Pine grosbeak is present in northern Quebec in summer but during the winter, frequents our regions where it will discover our feeders, trays and all the small fruit trees with frozen fruits which they simply love.

Its nest is usually built in the fork of a tree with twigs, grass and moss. The female will lay between four and five blue-green eggs spotted with brown dots and circles. She will nest over the eggs for about two weeks and the chicks will begin to fly about three weeks after hatching while both parents continue to feed them for several more days until they are independent.

The Pine grosbeak is a discreet bird during the breeding season but very confident in winter, spending long periods of time at our feeders, on the snow or near shrubs picking and eating small frozen fruits. We can regularly see it feeding on the mountain ash trees which are abundant here. This colourful bird has a habit of bathing in the snow, directly on the ground, shaking its plumage to sprinkle itself with snow, exactly as it would with water, while waving its wings and tail.

The Pine grosbeak is a magnificent bird with beautiful colours to brighten our long winter days; revive your seed platters with frozen fruits and take the opportunity to make your observations as we have them in abundance in Valcartier. Happy observations!



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

CHRISTMAS FOOD HAMPERS - Roger Lamont Foundation

This Foundation's mandate is to support all socially and economically disadvantaged people in our Municipality. Although we do live in a privileged society, not everyone can say the same and the Foundation was created to develop a united community. At this time of the year, the Foundation's main activity is the preparation of Christmas hampers for needy families. If you would like to contribute in any way (donations of money, time, material, services), we invite you to contact Pamala Hogan Laberge or Véronique Charbonneau 418 844-1218.

Please note that cash donations may be sent by cheque made out to: Fondation Roger Lamont before December 17 for the Christmas hampers. A receipt will be sent for donations over \$20.00.



COMMUNITY LIFE



A PEAK AT THE PAST



Driving the School Bus

Written by Gail Rourke Hicks

Excerpt from Back in the Day (Dans le bon vieux temps)

What a fun time we had on the bus with our pretend Ghost! It started one winter when I pretended that we had a ghost on the bus. it was a friendly one and none of the kids were scared. In fact, they would ask me if the ghost was driving with us. We named him Joe Blow. Where that name came from I do not know. When we would go along 5th Avenue where there were no houses or traffic, I would stop the bus briefly and we would all shoo the ghost off then drive away.

The kids would have a great laugh!!



THE HISTORICAL COMMITTEE NEEDS YOU!

Your Help is Needed!

We are working on a documentary film about Valcartier Elementary School. We need photos of families who have 2 or 3 generations of students who attended the school - for instance, parent and child or parent, child and grandchild. We would also include multi-generational families with children about to attend VES in the next few years. Please send a photo to: valcartier1816@munsgdv.ca, attached in a comment to the pinned Facebook post on the Historical Committee page, or in a Facebook message. You may also bring a printed photo to the Municipality. One photo with all the family members together is best and please include names and years of attendance at VES. Holiday time is a great time for family photos! We look forward to seeing yours!

Request for Ecole du Joli-Bois families: Do you have any favorite memories or stories about your time at school? Please send them to us at valcartier1816@munsgdv.ca



MUNICIPAL LIBRARY

December schedule:

Tuesday 2:30 to 8:30 pm—Wednesday 2:30 to 8:30 pm—Saturday 1 to 4 pm

Closed from December 17 to January 8 inclusively

Christmas Story Hour:

Friday, December 8 at 6:30 pm—pyjamas recommended but not necessary!

New books:

There will be another book exchange at the Library at the end of January, these books will be identified by a blue dot on their spine.

VR Headsets:

Virtual Reality is back in the library! If you would like to try this experience, visit the library Wednesdays from 2:30 - 4:30 or leave your contact information at the desk and we will contact you to arrange a time at your convenience.



LEISURE



OUTDOOR FAMILY EVENT

INDOOR SHOW

SUNDAY, DECEMBER 17
1PM – 4:30PM

SHOOT & SCORE

SEARCH & FIND

SOUPS

SHOW :
THE ENCHANTED
CHRISTMAS BOX

HOT CHOCOLATE
STATION

TREE
LIGHTING

SKATING

CHRISTMAS ELF

FACE PAINTING

VISIT WITH SANTA

OLD-FASHIONED
DOUGHNUTS





LEISURE

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 for the 2024 Winter Program activities **as of December 26, 2023.**

Remember that you must have created your citizen account before proceeding to this step, you will receive your confirmation email from the administration to access it.

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

NON-RESIDENT

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

CONFIRMATION OF ACTIVITIES

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

NO COMPUTER? NEED HELP?

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

- ♦ By E-mail admin@munsgdv.ca or coordoloisirs@munsgdv.ca;
- ♦ By telephone 418 844-1218



LEISURE



**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.



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



Only one price : 30\$ per year

Included for free :

- 50+ exercises
- Tai Chi
- Chair Yoga
- 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

✉ coordloisirs@munsgdv.ca



FAMILY SKATE NIGHT AND TORCHLIT WALKING PATH

**Decorate your helmet or wear a wacky
hat for this family event on
Wednesday, February 14, 2023 at the
municipal skating rink. This year, we're
pairing the Family Skate Night with the
torchlight walking path
for Valentine's Day!**

**Follow the Recreation Facebook page
in 2024 for all the details!**

LEISURE

DECORATED CHRISTMAS TRAIL

Once again this year, you'll have the chance to take a magical walk along our decorated Christmas trail. Come see our giant gingerbread man and take a photo with him for a chance to win a prize! Full details on site.

This winter, enjoy the decorated trail all December until January 4, 2024!



2024 WINTER CLASSIC



**BACK ON
FEBRUARY 3
COME AND CHEER
ON OUR YOUNG
FIELD HOCKEY
PLAYERS ALL DAY
LONG!
FREE EVENT**

DO YOU HAVE ANY IDEAS FOR US?

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

Let us know if you know someone!

418-844-1218 or

coordoloisirs@munsgdv.ca

MEALS-ON-WHEELS AND OTHER SERVICES

The "Popote et Multi-Services" is a non-profit organization with a mission to support the elderly, frail or recovering to allow them to be able to stay safely in their homes as long as possible.



We offer hot meal delivery services at lunch time, whether you need it on a short or long-term basis, this service could help you and lighten your daily workload:

⇒ For a mere \$7 per meal, including a soup, meal and dessert, you don't have to clean up or do dishes. You could also be admissible (70 years old and over) to a Revenue Quebec tax credit for seniors.

We also offer **transportation and accompaniment** services for medical reasons, this service is not a taxi service, is assured by volunteers. You must simply compensate the volunteer for the reimbursement of their gas usage. The compensation goes entirely to the volunteer.

⇒ Fees vary from one area to another. For example, for Quebec hospitals, the cost is \$30 and this includes the drive in and back, and in many cases, the parking fee.

Avoid having to worry about driving and parking costs and procedures.

If you would like to use our services, you can contact us by calling **418-845-3081** or call Pam or Véronique **418-844-1218**.

If you would like to get involved as a volunteer either for meal deliveries or transportation and accompaniment, you are most welcome. Being a volunteer for the meals-on-wheels and other services, you will not incur any costs as a volunteer since we reimburse the mileage costs during the delivery of meals and that, for the transportation and accompaniment, 100 % of the compensation is returned to you.



LEISURE



Age group: 14 years and +

SCHEDULE FOR THE HOLIDAYS: Closed Dec. 25 and 26

Closed Dec. 1 and 2

REGULAR SCHEDULE:**Monday to Thursday** 5:30 am to 9 pm**Friday** 5:30 am to 7 pm**Saturday** 8 am to 2 pmPRICE LIST:**1 month:** \$30/pers. or \$40/family***3 months:** \$60/pers. or \$80/family***6 months:** \$110/pers. or \$140/family***1 year :** \$200/pers. or \$260/family*

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

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

➔ 50% rebate (except card and session prices)

1 session: \$10/person**Card for 20 sessions:** \$60/person**Non resident:** \$20 extra

CONFERENCE "LE FAMEUX POUCE VERT" 2024 APRIL 10



Save the date! You don't want to miss
Marthe Laverdière's conference!
Information in the next Indispensable.

LEISURE

CHILDREN'S WORKSHOPS

HOW TO DRAW A MANGA FACE AND A CHIBI

Passionate teacher Cindy Courchesne will teach you the tools you need to become independent in basic Manga drawing, while having fun!

Children aged 8 and over / Participants min. 7



DATE	WHEN	WHERE	COST
Feb. 17	Saturday 10 am to 12 pm	Community Centre	\$20

AWAKENING TO LITERATURE FOR INFANTS

These activities stimulate toddlers' imaginations, develop their listening skills and encourage their bodily expression, all while sharing a special moment with their parent.

Clientele: Children aged 0 to 3 accompanied by a parent.

Participants min. 6 - max. 12



DATE	WHEN	WHERE	COST
Jan. 12 Feb. 2 March 8 Apr. 26 May 24 June 21	Fridays 10:45-11:15 am	Community Centre	\$40 Parent/child

INTRODUCTION TO SKATING CLASSES

Gabrielle Brochu, a competitive figure skater with many years of experience, will teach your children the basics of skating. **3 learning levels for young children who want to learn to skate, perfect their technique or be introduced to field hockey.**

Basic: learn to balance, move forward and feel comfortable on skates (ages 4 to 6)

Intermediate: continue basic learning and develop techniques for greater stability and speed (ages 6 to 10)

Introduction to hockey: learn to skate with a stick, develop a good skating stroke (ages 4 to 7)

All courses last 45 minutes.

Clientele: 4 to 10 years old
(with parent or guardian)



DATE	WHEN	WHERE	COST
Jan. 13	Saturday Basic: 9h-9h45 Intermediate: 10h-10h45 Hockey: 11-11h45	Municipal Rink	\$40/ 8 weeks

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.



DATE	WHEN	WHERE	COST
Jan. 17	Wednesday 9:30 to 11:30 am	Community Centre	Free



COUNTRY DANCING

Beginner + Beginner-intermediate

Registration: www.dansecountrycm.com

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

*PAYABLE IN CASH EACH WEEK



DATE	WHEN	WHERE	COST
Jan. 10	Wednesday 6:45-7:45 pm (beginner) 8-9:15 pm (intermediate)	Community Centre	\$10 / course* 12 weeks

LEISURE**PÉTANQUE AND INDOOR GAMES****Bring your own pétanque equipment!**

Pétanque is moving indoors for the winter! Other games are also available, just ask!



DATE	WHEN	WHERE	COST
Jan. 8	Monday 1-4 pm	Community Centre	Free

INDOOR PICKLEBALL

Age group: 18 years and over

Registration mandatory

Info : 418-844-1218

coordoloisirs@munsgdv.ca



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

FITNESS TRAINING 50 YEARS +

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

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

Required equipment: sneakers, water, towel

Newcomers are always welcome for a tryout!



DATE	WHEN	WHERE	COST
Jan. 16	Tuesday 9:30-10:30 am Thursday 1:30-2:30 pm	Community Centre	\$50 12 weeks or PALA

POUND UNPLUGGED

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

Age group: 18 years +

Info. : 418 844-1218 or

coordoloisirs@munsgdv.ca

**POUND**
unplugged

DATE	WHEN	WHERE	COST
Jan. 25	Thursday 7-8 pm	Sports Complex	\$50 10 weeks

CREATING FOR FUN

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

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

Info. : 418 844-1218

coordoloisirs@munsgdv.ca



DATE	WHEN	WHERE	COST
17 jan.	Wednesday 1-4 pm	Complex 2230, boul. Valcartier	Free

POUND**Come and let off steam to some great beats!**

With drumsticks and rhythmic music, this class features choreographed routines that alternate between medium and high intensity exercises, aimed at improving muscle tone and endurance.

The POUND workout combines cardio, Pilates, isometric movements and plyometrics. An energizing, contagious and sweaty workout, each stroke of Ripstix® releases tension and stress.

Age group: 18 years +

Info : 418-844-1218

coordoloisirs@munsgdv.ca

**POUND**
ROCKOUT. WORKOUT.

DATE	WHEN	WHERE	COST
Jan. 22	Monday 7-8 pm	Community Centre	\$50 10 weeks



LEISURE

ADULT HOCKEY LEAGUE (17 years +)

Free activity, but registration is mandatory. Register by Email mentioning the position you would like to play. Full hockey equipment is required (face protection and CSA helmet).

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



DATE	WHEN	WHERE	COST
On-going	Sunday 7:30-9 pm	Municipal Rink	Free



SKATING RINK AND PATH

Opening hours (skating rink and path)

Sunday to Thursday: noon - 9:30 pm
Friday and Saturday: noon to 10pm

Skating rink - Regular schedule

	11am - Noon Hockey 50 years + (Weekdays)
	Noon - 1:30 pm Free skating (no sticks)
	1:30 pm - 2:30 pm Advanced hockey 16 years +
	2:30 pm - 4 pm Beginners' hockey & Free skating
	4 pm - 5:30 pm Intermediate hockey Ages 12 to 15
	5:30 pm - 7 pm Free skating (no sticks)
	7pm - 8pm Beginners' hockey & Free skating
	8 pm - 9:30 pm Advanced hockey 16 years +

Schedule subject to change without notice.

"MAXIMUM OF 25 PEOPLE FOR HOCKEY"

ADULT WORKSHOPS

ROCK PAINTING

Creation of rocks, relaxation, hot chocolate, coffee, or herbal tea with a small snack. Relaxing atmosphere and music! Material, beverage and 2 rocks included. Additional rocks at a cost of 3\$ each.

18 years + Participants, min. 5—max. 12

DATE	WHEN	WHERE	COST
Feb. 7 March 20	Wednesday 18h30 à 21h	Community Centre	\$20 / pers.

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	WHEN	WHERE	COST
Jan. 29 Feb. 26 March 25	Monday 1 to 3 pm	Sports Complex	\$20 / 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	WHEN	WHERE	COST
Jan. 29 Feb. 26 March 25	Monday 6:30 to 9:30 pm	Community Centre	\$25 / pers.

WHISKEY TASTING - SCOTTISH THEME

Come and taste different Whiskies and learn more about this spirit. A meal pairing with the Whiskies presented will also be served. (We will be tasting new whiskies)

DATE	WHEN	WHERE	COST
Jan. 27	Saturday 6:30 to 9:30 pm	Community- Centre	\$ 40 / pers.

WHISKEY TASTING - ST-PATRICK'S THEME

Come and taste different Whiskies and learn more about this spirit. A meal pairing with the Whiskies presented will also be served. (We will be tasting new whiskies)

Persons responsible : Annie Kelly and William Hush

18 ans + / Participants min. 10 - max. 30

DATE	WHEN	WHERE	COST
March 15	Friday 6:30 to 9:30 pm	Community Centre	\$40 / pers.

LEISURE



HATHA YOGA

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



DATE	WHEN	WHERE	COST
Jan. 16	Tuesday 7:30-9 pm Thursday 9 am	Sports Complex (Tuesday) 1494, 5e Ave. (Thursday)	\$120 10 courses

VINIYOGA with MarieJOIE

(on a mat or chair)

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



DATE	WHEN	WHERE	COST
Jan. 8	Monday 1:30-3 pm	Sports Complex	\$60 / 12 weeks or PALA

VINYASA YOGA

A dynamic class that works on flexibility, endurance and strength, then brings relaxation to body and mind. Whether you've never done yoga before or are an experienced yogi, come and move with me! By offering different ways of doing yoga postures, each session is adapted to your body and your level, so you can progress at your own pace.

Info. and registration:
 laurence.lavoie04@gmail.com



DATE	WHEN	WHERE	COST
Jan. 17	Wednesday 7-8 pm	Sports Complex	\$150* /10 weeks

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 +

DATE	WHEN	WHERE	COST
Jan. 9	Tuesday & Thursday 6:15- 7:30 pm 7:45-9 pm (black belts)	Community Centre	\$110* 12 weeks

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

DOG REGISTRATIONS

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

Gestipattes also offers you the possibility to report a dangerous dog.

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

Questions: 418-844-1218



Gestipattes

PRACTICAL INFORMATION



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

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



DATES TO REMEMBER

DECEMBER

All month:

Decorated Christmas Trail

Until December 17:

Christmas Food Hampers Campaign

1 Deadline for installing winter tires

8 Christmas Story Hour at the Municipal Library

5, 12, 19

Bulk Waste Collection

17 Outdoor Family Event and Christmas Tree Lighting

17 - Jan. 8 Library closed for the Holidays

25 - Jan. 3 Municipal offices closed for the Holidays

22 - Jan. 8 Beginning of on-line registration for sports, leisure and recreation

activities on the Voilà! platform

JANUARY

(Dog licence renewal month)

Weeks of the 1 and 8 :

Special Christmas Tree Collection

9, 16, 23, 30

Bulk Waste Collection

FEBRUARY

6, 13, 20, 27

Bulk Waste Collection

3 Hockey Winter Classic

14 Family Skate Night and Torchlit Walking Path

28 Mailing of municipal tax bills
Mid-February

NEXT INDISPENSABLE

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

2215, boul. Valcartier
Saint-Gabriel-de-Valcartier
(Quebec) G0A 4S0

Telephone: 418 844-1218

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WEBSITE

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de-valcartier.ca**