

VOL. 17, Issue 2 • FEBRUARY to end of APRIL, 2024

THE INDISPENSABLE



Together, in the  of NATURE



SAINT • GABRIEL
• DE •
VALCARTIER

HAPPY VALENTINE'S DAY!

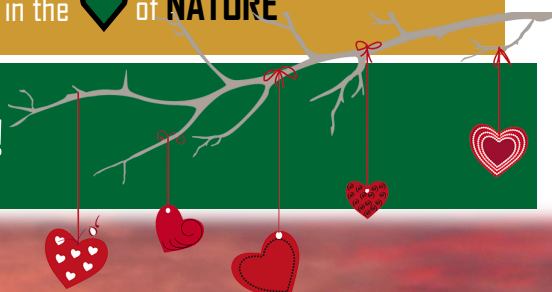


Photo credit: Maureen Bédard



MUNICIPAL LIFE

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

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

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

Telephone: 418 844-1218

Email: admin@munsgdv.ca

THE MUNICIPAL OFFICES WILL BE CLOSED FRIDAY, MARCH 29 AND MONDAY, APRIL 1 FOR EASTER.

MUNICIPAL LIFE

A WORD FROM
THE MAYOR

« ...I know that many of you have been waiting a long time for food waste collection! The purple bags and necessary material will be distributed in our Municipality in March. See page 7 for details... »

The task of preparing our municipal budget this year was certainly a challenging one. The members of council along with our senior staff held numerous meetings to analyze our current position. Our goal was to maintain our high level of services for the most reasonable cost. With the continuing high level of inflation, we did not want to place any additional financial burdens on our residents.

As a result, our budget for the 2024 year is \$8 905 155 compared to last year's \$8 925 298 which is a decrease of 0.2%. Furthermore, our tax rates will remain unchanged at \$ 0.34 for residential properties and \$0,47 for non residential. This was made possible by our accumulated surplus to make up the difference.

This year we decided to try a project with refrigerated mats for our skating rink on a trial basis. The response has been overwhelmingly positive. With our unusually mild fall it gave us two months of extra use. Due to the popularity, we have decided to buy a new system of made to measure mats. I hope that residents will be pleased with this news and will continue to profit from this infrastructure for many years to come.

Other significant projects for this year include new breathing apparatus for our Fire Department, an update for our water games equipment, some additional machines for the Centre Physik as well as several minor road repairs. Also, I know that many of you have been waiting a long time for food waste collection! The purple bags and necessary material will be distributed in our Municipality in March. See page 7 for details.

Please stay safe and enjoy the rest of the winter season!



**CONCOURS
MAISONS FLEURIES**

**FLOWERED HOUSE
CONTEST**

Suite à l'engouement de notre première édition du concours, nous revenons pour une 2e année! Surveillez les informations dans le prochain Indispensable!

Following the success of our first contest, we're back for a 2nd year! Look out for details in the next Indispensable!



CIVIC LIFE



YOUR MUNICIPAL PROPERTY TAX BILL IS AVAILABLE ON-LINE !

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

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



Due dates

Municipal property tax bill 2024

1st installment: **April 1st, 2024**
 2nd installment: **July 1st, 2024**
 3rd installment: **September 1st,**

On March 10,
we set the
clock forward,
check our
smoke alarms
and change
the batteries.



MUNICIPAL TAXES

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



SAINT - GABRIEL
 - DE -
 VALCARTIER

PUBLIC NOTICE

Deposit of the general collection role for 2024

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

THAT the general tax collection role for 2024 has been completed and deposited at the municipal office at 2215 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, and that the municipal tax bills will be sent by mail on February 28th, 2024.

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

	For the 2024 assessment role	For the purpose of municipal tax bills
Median proportion	77%	100%
Comparative factor	1.30	1.00

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 6th DAY OF FEBRUARY 2024.

Heidi Lafrance, Director General/ Clerk-Treasurer

MUNICIPAL TAXES—PAYMENT METHODS

You will be receiving your Municipal tax bill at the beginning of March.

The payment of the general land tax, the surtax on non-residential immovables, taxes and other compensations is to be made in a maximum of three (3) instalments. (Bills under \$300 must be paid in one payment).

If the first payment is late, even by a few days, the privilege to pay in three (3) instalments is forfeited. The total balance of the account will have to be paid immediately with interest.

Please pay your tax bill on time in order to avoid annual interest rates of 12% payable on all late payments.

You may pay your municipal taxes in cash (at the counter), by cheque (at the counter, by mail or through the night deposit), by Interac (at the counter), by Internet or at a financial institution ATM. For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens for a total of 10 numbers.

CIVIC LIFE

2024 BUDGET AND TRIENNAL INVESTMENT PROGRAM

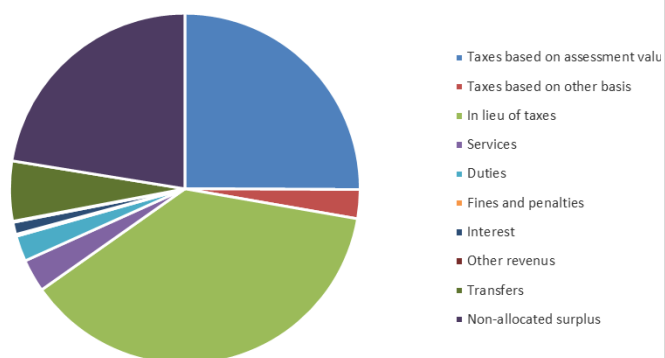
Dear members of council and citizens,

Following various committee meetings with the members of council and administrative personnel to analyse our services, our needs and the investments in capital assets for the 2024 fiscal year, I am proud to present a balanced budget in the amount of \$8 905 155, a decrease of 0.2% in comparison with 2023. I have the utmost pleasure to announce that we will maintain our general taxation rate of \$.34 and non-residential rate of \$.47 again this year.

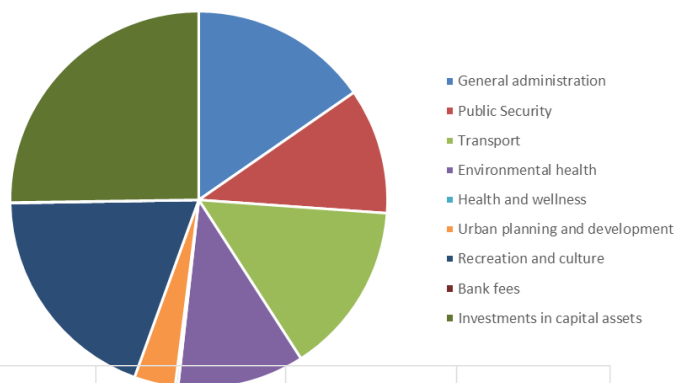
In conclusion, I would like to thank council, the general administration as well as the municipal employees for their collaboration in the production of this budget and for their hard work and professionalism regarding the services offered to our citizens.

Brent Montgomery, Mayor

Revenues 2024 - origins of revenues



Expenditures - breakdown by department



Comparative budget by department

Revenues and non-allocated surplus	Budget 2024	Budget 2023	Variation \$	Variation %
Taxes based on assessment value	2 232 614	2 200 295	32 319	1.4%
Taxes based on other basis	237 422	259 078	(21 656)	-9.1%
In lieu of taxes	3 339 283	3 342 279	(2 996)	-0.1%
Services	269 860	276 053	(6 193)	-2.3%
Duties	211 000	198 500	12 500	5.9%
Fines and penalties	15 100	20 100	(5 000)	-33.1%
Interest	101 000	55 000	46 000	45.5%
Other revenue	8 500	16 000	(7 500)	-88.2%
Transfers	491 608	2 178 673	(1 687 065)	-343.2%
Non-allocated surplus	1 998 768	379 320	1 619 448	81.0%
Total revenue and non-allocated surplus	8 905 155	8 925 298	(20 143)	-0.2%
Operating expenditures	Budget 2024	Budget 2023	Variation \$	Variation %
General administration	1 367 487	1 190 078	177 409	13.0%
Public Security	959 151	880 791	78 360	8.2%
Transport	1 314 915	1 217 840	97 075	7.4%
Environmental health	967 936	1 121 822	(153 886)	-15.9%
Health and wellness	22 765	14 660	8 105	35.6%
Urban planning and development	313 428	290 269	23 159	7.4%
Recreation and culture	1 709 548	1 540 188	169 360	9.9%
Bank fees	3 500	3 500	-	0.0%
Investments in capital assets	2 246 425	2 666 150	(419 725)	-18.7%
Total operating expenditures and investments	8 905 155.00	8 925 298.00	(20 143.00)	-0.2%



CIVIC LIFE

2024 BUDGET AND TRIENNIAL INVESTMENT PROGRAM

TRIENNIAL PLAN	2024	2025	2026
General administration			
Office furnishings	1 500 \$		
Updating of IT equipment	15 000 \$	5 000 \$	5 000 \$
Purchase of programs	14 000 \$	5 000 \$	5 000 \$
TOTAL	30 500 \$	10 000 \$	10 000 \$
Public security			
Traning center development	10 000 \$		
Various equipment	205 000 \$	5 000 \$	5 000 \$
Fire station - garage - recreation: study of building needs	25 000 \$		
Replacement of vehicle		300 000 \$	
TOTAL	240 000 \$	305 000 \$	5 000 \$
Public works			
Redmond / St-Sacrement - roadworks	275 000 \$		
Boul Valcartier - preparations for 2025 project	50 000 \$	1 500 000 \$	
Garage - fire station: air conditioning	10 000 \$		
Municipal vehicle - replacement	100 000 \$		
Purchase of ATV	35 000 \$		
Municipal warehouse - lean-to	60 000 \$		
Various buildings - replacement of roofs and siding	45 000 \$		
Installation of gas reservoir	15 000 \$		
Public works equipment		5 000 \$	5 000 \$
Road system improvments		100 000 \$	100 000 \$
Public works vehicle		85 000 \$	95 000 \$
TOTAL	590 000 \$	1 690 000 \$	200 000 \$
Recreation and culture			
Improvement of walking trail (exention, asphalte, lighting)	30 000 \$		
Sign at 2230, boul. Valcartier	10 000 \$		
Centre Physik - equipment	50 000 \$	20 000 \$	20 000 \$
Skating rink - refrigeration	725 000 \$		
VCC - Floor washer	5 700 \$		
VCC - patio	77 000 \$		
VCC - commercial refrigerator	6 500 \$		
Recreation - park equipment	85 725 \$		
Recreation - reconstruction of splash park	225 000 \$		
2215 - LED lighting project	50 000 \$		
Ball field - LED lighting project	20 000 \$		
Library - shelving	1 000 \$		
TOTAL	1 285 925 \$	20 000 \$	20 000 \$
TOTAL			
TOTAL TRIENNIAL PLAN	2 146 425 \$	2 025 000 \$	235 000 \$

CIVIC LIFE

URBANISM



2024 SUMMER - INSPECTION OF ALL RESIDENTIAL SWIMMING POOLS

Residential swimming pools pose a major risk of drowning for young children, especially when they are not under adult supervision and the facilities are not adequately secured.

In response to a recommendation made by several coroners in recent years, provincial regulations have been modified and will now apply to all pools, regardless of when they were installed.

The Regulation respecting the safety of residential swimming pools is essentially aimed at controlling young children's access to residential swimming pools through simple measures. This by-law has been delegated to the municipalities, which are responsible for enforcing it.

The municipality of Saint-Gabriel-de-Valcartier will therefore be inspecting all swimming pools on its territory, starting next spring. The municipal inspector will visit your property, check your pool, and mail you a list of corrective measures required to comply with provincial regulations. The deadline for compliance is July 1, 2025.

For more information, visit the *Ministère des Affaires municipales et de l'habitation* website. Several guides and self-assessment grids are available.



OWNERS OF LAND NEAR A LAKE OR WATERCOURSE

If you own land near a lake or watercourse, some of it may be in a flood zone, which could have an impact on your future projects. What do you need to know?

Flood zones are generally separated into two distinct zones: high-current flood zones, better known as 0-20-year flood zones, and low-current flood zones, or 20-100-year flood zones. You can visualize the delimitation of flood zones on the MRC map available at <https://sigale.ca/>. Note, however, that a more recent map, such as a site plan drawn up by a surveyor, takes precedence over the MRC map.

Here are a few examples of prohibitions in flood-prone zones:

- Construction of a principal residence;
- Building additions that increase encroachment into the flood zone;

- A driveway for a main or accessory building in a high-current zone;
- Complementary buildings are prohibited in high-current zones. In areas of low current, they must have no impact on the ground;
- Cutting and filling work;
- Etc.

Since March 1, 2022, the transitional regime for the management of flood-prone areas, shorelines and littoral zones has established new rules for all interventions carried out in flood-prone areas. This provincial regulation was amended in November 2023 and may be subject to change in the future. It is therefore essential that you educate yourself on the current regulations before planning your projects and work.

If you have any questions, please contact the Urban Planning and Development Department.

CIVIC LIFE



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.**



MUNICIPAL BY-LAW

**Parking is prohibited
on the street or
shoulder from**

NOV. 1st TO APRIL 1st

DOG LICENSES

**MUNICIPAL LICENSES ARE VALID FROM
JANUARY THROUGH DECEMBER OF EACH
YEAR.**

**GET YOUR DOG TAGS
ON GESTIPATTES
TODAY!**



PUBLIC WORKS

Bulk Waste Collection

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

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

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

rolled and tied, etc.)

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

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

You may dispose of your bulk waste and renovation materials at the Saint-Gabriel-de-Valcartier Ecocenter (2329 Boulevard Valcartier). It is open on Saturdays from 8 am to 12 pm (noon). You may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage.

La collecte des résidus alimentaires FORMATION

Une présentation de
la Ville de Québec



Date : Tuesday, April 16, 2024

Durée : from 7 to 8 pm

Lieu : Valcartier Community Center

ville.quebec.qc.ca/sacmauve



VILLE DE
QUÉBEC

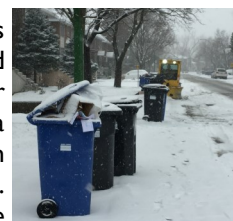
**The door to door distribution of the
material (kitchen container, purple bags and
user's guide) will be held during the month
of March, 2024.**

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 resolve this, several solutions are possible:

- Place bins in the driveway, at the edge of the curbside not on the roadside;
- Bring in your bins as soon as possible after they've been emptied;
- Avoid putting out your bins if they are not full.

These simple habits would reduce replacement costs and give a hand to snow removers! Thank you for your collaboration!



FIRE SAFETY SERVICES

Your Fire Department would like to remind you that it is essential to keep the exits of all buildings clear, including those of private residences. The simple act of clearing snow from exits (balcony, terrace, basement exit) will allow you and your entire family to safely evacuate the premises if necessary.

Remember, doors and windows can become blocked by ice; it is important to keep them functional and in good condition, so they must be physically checked. Always keep access to exits clear even inside the residence. In the event of a fire, seconds count and you must have easy and quick access to an exit. An access path must also be planned and cleared of snow to allow the whole family to quickly get to your meeting point. If you don't have an escape plan, prepare one with your children so that everyone is prepared in the event of a fire. Remind them of what to do and what exits they can use. During the winter season, it would be a good idea to make an agreement with a neighbor to get warm quickly in the event of a disaster. A good evacuation plan, which has been practiced often and is well known to all, combined with working smoke alarms and exits accessible at all times, is the key to successful evacuation in the event of a fire.

It's important to have an emergency kit at home at all times (e.g.: backpack or bin) containing the necessary items to allow your family to survive during the first 3 days of a disaster. Place your emergency kit in an easily accessible location. Check its contents annually and replace batteries and water reserves as needed, as well as expired non-perishable foods.

- Drinking water (6 liters per person);
- Non-perishable food (for at least 3 days);
- Manual can opener;
- Battery-powered radio — spare batteries;
- Headlamp or flashlight — spare batteries or crank lamp;
- Lighter or matches and candles;
- First aid kit — antiseptics, analgesics, adhesive bandages, sterile gauze pads, scissors, etc.;

SPRING FLOODS, ARE YOU READY?

The illustration shows a hand holding a tablet that displays the 'Get Prepared' page for floods on the Government of Canada website. The website header includes the Canadian flag, the text 'Government of Canada / Gouvernement du Canada', and a search bar. The main navigation bar lists 'Get Prepared', 'Emergency Plan', 'Emergency Kits', 'New Strains', and 'Resources'. The left sidebar has a 'What to Do' section with links for 'Before an Emergency', 'During an Emergency', and 'After an Emergency', and an 'Alerts' section with links for 'Alerts', 'Severe weather', 'Natural disasters', 'Floods', 'Wildfires', 'Landslides', 'Power outage', 'Earthquake', and 'Other major events'. The main content area is titled 'Before a flood' and 'Preparing for a flood'. It includes a sub-header 'To reduce the likelihood of flood damage' and a list of steps: 1. Find out your province's flood risk, 2. Find out the damage to your property, 3. Find out the damage to your property, 4. Find out the damage to your property, 5. Find out the damage to your property, 6. Find out the damage to your property, 7. Find out the damage to your property, 8. Find out the damage to your property, 9. Find out the damage to your property, 10. Find out the damage to your property. A blue water drop icon is in the top right corner.

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

COMMUNITY LIFE

BACKYARD BIRDS—The Hairy woodpecker

A few months ago I did a write up about the Downy Woodpecker; today place to the HAIRY Woodpecker. Both provide an identification challenge for new birders and although they are very similar, there are some key differences to look out for. The Hairy's bill is almost as long as its head whereas the Downy's bill is dainty and much shorter in length. Checking the size is the most important clue to knowing which is which as the Hairy is much taller by 50%. Don't worry, it gets easier with practice and as the woodpecker moves around, you will be able to tell the difference. More subtle clues include the Hairy's all-white outer tail feathers, compared to the Downy's spotted ones, also, the male Hairy's red patch is often split in two while the Downy's is not.

The plumage of the Hairy woodpecker is a mix of black and white. Its underside is white and its head is marked with wide alternating black and white stripes. Males have a red spot at the back of their heads, which the female lacks.

The female can lay from 4 to 6 white eggs and incubation as well as feeding once hatched is done by both parents. Young Hairy woodpeckers will leave the nest 28 to 30 days after hatching and will be fed by their parents for some time afterwards.

Hairy woodpeckers hitch up tree trunks and along main branches. They are birds of mature forests across the continent. They can be seen in woodlots, suburbs parks as well as cemeteries and open woodlands of pine and oak trees.

The Hairy's diet consists mostly of insects and larvae of wood-boring beetles, ants and caterpillars. Suet at your feeders will definitely bring them around but what they seem to like most of all is a round piece of wood on which you will have drilled a few holes and packed in crunchy peanut butter.

We are lucky to have in our area the perfect mix of trees, fields and feeders to make every Hairy woodpecker living around here so very happy so get out and try to differentiate the difference when you see a woodpecker around your house...is it a Hairy or is it a Downy?

Happy observations, Maureen Bédard.



A PEEK AT THE PAST

SCHOOL AT THE CONVENT

Story told by Carol Monaghan to Lea-Marie Monaghan

Adapted from the book "Back in the Day"

In the 1950s, there were two schools in Valcartier, Valcartier Elementary and the Convent. The Convent, built in 1944, was located between the Village Vacances Valcartier and the cemetery.

There were 4 classrooms, a kitchen, a chapel, an office and bedrooms. There were 70 to 80 students in all. In winter, every noon hour we went to Mr. Drouin's skating rink near Drouin's store (now known as the Dépanneur du Village). Father Gravel, the parish priest, used to skate with us wearing his long black gown. That was a big treat especially for the boys because he was a good skater and liked to play hockey!

The school stopped being used around 1968 or 1969. The English students were sent to the Catholic school on the Base and the French students went to a new school in the village...École du Joli Bois. The building was used as a meeting and reception hall for a few years, and then as a ski-doo club before being demolished in 1978.



COMMUNITY LIFE

EMERGENCY FOOD BANK

DID YOU KNOW...that the Municipality offers a small emergency food bank at the entrance to the Community Centre? This discreet service is for anyone who needs it.

TAKE IF YOU NEED / OR GIVE
GENEREROUSLY IF YOU HAVE.
THANK YOU!



CHRISTMAS HAMPERS— THANK YOU

Once again this year, we successfully distributed 24 Christmas baskets to families or individuals in need. A huge thank you to the following partners: Valcartier Elementary School, Joli-Bois school, Mont St-Sacrement High School, Roger Lamont Foundation, Vallée Jeunesse Daycare, Marie-Kim and her initiative, the local turkey farmers and all the individual donors who donated money or food. The need continues to grow and our little food bank will always be available for those in need, as our community has proven that it still has a big heart! Happy New Year 2024 to all! If you need help, contact Pam at plaberge@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 but is assured by volunteers. You must simply compensate the volunteer for the reimbursement of their gas usage.

⇒ Fees vary from one area to another. For example, for Quebec hospitals, the cost is of \$30 round-trip, and in many cases, the parking fee.

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

If you would like to use our services or to volunteer with our organization, you can contact us by calling 418-845-3081 or the Municipal Sports and Recreation Department at **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, for the transportation and accompaniment, 100 % of the compensation is returned to you.

ENTRAIDE DIABÉTIQUE DU QUÉBEC—DONATION BINS

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

LEISURE



MUNICIPAL LIBRARY

Library Donation Guide

We welcome your book donations, but not all used books are suitable for the book boxes or book sales. Please help us by sorting through your books before donating. Here is a guide to help:

Quality: Books should be of good quality.

Do not donate books with:

- * Torn, bent or soiled pages
- * Books with handwritten comments or highlighting
- * Torn or missing covers
- * Musty smells or water damage

Examples of books we can use:

- * Novels (hardcover or paperback)
- * Biographies
- * General interest non-fiction
- * Children's books
- * Comic books and graphic novels

Examples of books we can't use: (please recycle)

- * Textbooks or business manuals
- * Workbooks or partially filled in activity books
- * Magazines
- * Reader's Digest
- * Encyclopedias

Donations can be left at the library during regular business hours or when the library is open. Please do not put donations in the night deposit box.

If you have questions concerning donations to the library, please contact us.

EASTER STORY HOUR

Friday, March 22 at 6:30 pm at the Community Centre. Free activity for children aged 4 to 7 years old and their families. More information will be available on the Library Facebook page.

**LIBRARY VALENTINES**

Are you in love with a book or a character from your favorite book? Are you looking for a new love? Visit the Library Valentine Tree throughout February!



JULY 2 TO AUGUST 16, 2024

**DAYCARE SERVICE :
JUNE 25-26-27
AUGUST 19-20-21**

**FIND ALL THE INFORMATION
IN THE NEXT INDISPENSABLE**



Age Group: 14 years +

REGULAR SCHEDULE:

Monday to Friday	5 :30 am to 9 pm
Friday	5:30 am to 7 pm
Saturday	8 am to 4 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

Non resident: \$20 extra

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

LOISIRS



SPORTS AND ACTIVITIES

2024 SPRING

REGISTRATION : FEB.10 - MARCH 2



FITNESS

POUND

POUND UNPLUGGED

HATHA YOGA

YOGA VINYASA

COUNTRY DANCING

PICKLEBALL



DAYTIME FITNESS

OUTSIDE FITNESS TRAINING / 50 YEARS +

INDOOR PÉTANQUE

VINIYOGA (ON A MAT OR CHAIR)

TAI-CHI



YOUTH ACTIVITIES

TAEKWONDO

INITIATION TO BASEBALL

SOCCER & TIMBITS

HIP-HOP DANCE



CULTURAL ACTIVITIES AND WORKSHOPS

NESTING BOX BUILDING WORKSHOP

WHISKY TASTING

VR WORKSHOP

BIKE TUNE-UP WORKSHOP

CREATING FOR FUN

PAINT PM & NIGHT

" REACHING FOOD AUTONOMY" CONFERENCE

ROCK PAINTING



Registration on Voilà!

Informations : www.saint-gabriel-de-valcartier.ca

Leisure / Activities Tab



LOISIRS



BIBLIO
de la Capitale-Nationale
et de la Chaudière-Appalaches

Animated by Patrick Nadeau
NPS
NADEAU PHOTO SOLUTIONS

WORKSHOP GIVEN ONLY IN FRENCH

13
years
and +

Free

THE CANADIAN WEST IN VIRTUAL REALITY...

an unforgettable experience!

Ready for a 360-degree adventure?
Soar over the Saskatchewan's prairies and
explore the Alberta Badlands. Discover the Rocky
Mountains south of Banff, the Waterton Lakes,
Mount Revelstoke and Glacier national parks.

Registration deadline:
Sunday, March 3

bit.ly/AtelierRV19mars

Tuesday, March 19 at 6:30 pm
Complex

2230 Boulevard Valcartier
Saint-Gabriel-de-Valcartier



NOUVELLE ENTENTE NEW AGREEMENT

entre la ville de **Saint-Gabriel-de-Valcartier**
et le Service des loisirs Valcartier
between the Town of **Saint-Gabriel-de-Valcartier**
and Valcartier Recreation Department



30% de rabais | 30% discount
sur le prix d'un abonnement individuel ou familial
on the price of an individual or family subscription



Accès aux bains libres gratuitement
Free access to the open swim times

- Bain libre patageoire | Wadding pool
- Bain en longueur jour et soir | Day and evening lane swim
- Bain libre pour tous | Free swim for all

* Sur présentation d'une preuve de résidence.

* Selon la programmation hebdomadaire.

* Les cours et activités inclus dans la
programmation hebdomadaire peuvent
changer sans préavis.



* Upon presentation of proof of residence.

* As per weekly program.

* Courses and activities included in the
weekly program are subject to change
without notice.

www.sbmfc.ca/valcartier | www.cfmws.ca/valcartier



**April 10, 2024
7 PM**

at the
Community Center

Le fameux pouce vert **Horticulture demystified**

OFFERED IN FRENCH

Marthe Laverdière gets you thinking about
the elements that will bring you the
success you're looking for. She explains
that horticulture is a way of life,
there's nothing magical about it. She
demystifies this activity, which can be so
rewarding if approached with pleasure!

- 70-minute presentation
+ question period
- Free for SGDV residents
\$10 per non-resident



LOISIRS



COME WORK WITH A FABULOUS GANG AT THE SUMMER CAMP!

- Assistant Monitor : 14 - 15 years old
- Monitor :
16 years old or sec. 3 completed
- Competitive salary
- Great benefits like: being outside all summer long, your evenings and weekends off, free gym for the summer!

Send your CV before March 15 to :
plaberge@munsgdv.ca



LET YOUR
HAIR
DOWN
THIS SUMMER!



The Sports & Recreation
Department is looking for
volunteers for summer
youth activities!
(ex. soccer, baseball...)

We're also looking for
people interested in
working as building
attendants for a bank of
names for replacement.
Contact us to
find out more!

In collaboration with the Municipality of
Saint-Gabriel-de-Valcartier

V.E.S THRIFT STORE

Used clothing collection and thrift store for the
benefit of the Valcartier Elementary School PPO

Collection dates :
from April 22nd to May 31st
Week days : 9 am - 4 pm
6:30 pm - 8:30 pm
Week-ends : Noon - 4 pm

Thrift store dates :
from April 28th to May 31st
(open hours to come)

Drop off and thrift store take place at the
Recreation Center Skating Rink Entrance.



MARCH BREAK 2024



Keep an eye on our
Facebook page for
upcoming March
Break activities!




FAMILY SKATE NIGHT & MUNICIPAL PATH TORCHLIGHT WALK

FEBRUARY **14** 5-8 PM

Entertainment - Prizes
Hot chocolate - Cookies

We're combining the 2 activities
this year! Wear red and come
walk or skate with us!

LOISIRS



Do you have any ideas for us?
We're always ready to offer
something new! We look
forward to hearing from you!
coordoloisirs@munsgdv.ca

THE CLUB ADOS IS LOOKING FOR ANIMATORS

- ☒ YOU'RE DYNAMIC?
- ☒ YOU'RE 18 + ?
- ☒ YOU'RE STUDYING IN A
YOUTH-RELATED FIELD?
- ☒ YOU'RE FULL OF NEW IDEAS?



WE HAVE A JOB FOR YOU!

418-844-1218 or by email :
plaberge@munsgdv.ca

**EVEN WITH THE SNOW...
IT'S TIME TO SIGN UP!**

SIGN UP WITH THE
BLACK BEARS
2024 summer

Registration open for teams
from U9 to Senior
Teams will be determined by
the number of registrations.

TIMBITS SOCCER  Initiation to soccer program
for kids U4 to U8

ONLINE REGISTRATION ON VOILÀ! 



**\$30 / year
for a variety of activities!**



**Because
we care!**

**Program for residents
of Saint-Gabriel-de Valcartier
55 years and over**

Register now!

For more information, contact
the Recreation Department at 418-844-1218





LOISIRS

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 Spring Program activities **as of February 10, 2024.**

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