



Volume 10 | Issue 4
AUGUST 2017

Inside this issue:

Community Information	2-5, 8, 14, 17-18
Municipal taxes	7
Urbanism	5, 6
Public Works	5-7
Fire Safety Services & SQ	8-9
Sports, Recreation and Culture	10-16

SUBJECTS OF INTEREST

- FAMILY DAY
- MUNICIPAL ELECTIONS
- MUNICIPAL GOLF TOURNAMENT
- HHW COLLECTION
- HALLOWEEN SAFETY ROUTE
- MUNICIPAL BY-LAWS
- SPORTS & RECREATION PROGRAM

FAMILY DAY
AUGUST
18 & 19
Details
pages 2 & 3

THE INDISPENSABLE NEWS BULLETIN



Photo credit: Julie Latulippe

A WORD FROM THE MAYOR

It seems like we hardly ever have a day this summer without a rain shower of some sort. On the positive side of things, our lawns are lush and green. I guess we can be thankful for that but a little more sun would be welcome.

Several projects are either completed or in the process. Our new skate park is now complete and seems to be very popular with our younger citizens. The new building across the street is progressing nicely and is slated to be ready for rental in September. It will be home to our gym and the historical society in addition to providing space for various courses. The Public Market is up and running again on Thursdays and Pickle ball has moved outside on the rink on Mondays and Wednesdays with more and more people discovering this new sport!

Some exciting projects to look forward to this fall include the opening of a new playground on des Plateaux Street. The game structures have all been ordered and will be installed as soon as they arrive. The other upcoming project is the creation of a walking trail between our Municipality and Lac-Delage. This trail will be 7.8 km long and 5-6 feet wide. It will be opened year round and free for everyone. Permitted uses are walking, snowshoeing, biking, fat bikes, etc. No motorized vehicles such as snowmobiles or four wheelers are allowed. The Municipal Council was pleased to contribute \$50,000 towards the financing of this family-oriented activity.

Unfortunately, repairs to Clark's bridge had to be carried out this summer. If not done this year the bridge would have to be closed to

heavy vehicles such as fire trucks, school buses, delivery and gravel trucks, etc. We looked at all possible alternatives such as a detour through the military base (22 km, gravel road, \$2,000 + /day) or temporary bridge (6 weeks to construct at a cost of \$875,000). In the end, the detour by 5th Avenue was the best option and we thank you for your understanding.

Congratulations to one of our young citizens Leanka Germain who, with her team the Flyers All-Starz, participated and won the "World Championship of All-Star Cheerleading 2017" on May 1st in Orlando, Florida. We are proud of you all!

Have a great end of summer and stay safe!

Brent Montgomery, Mayor

FAMILY DAY 2017

FRIDAY, AUGUST 18

Beer garden (18+) 6 pm-12 am

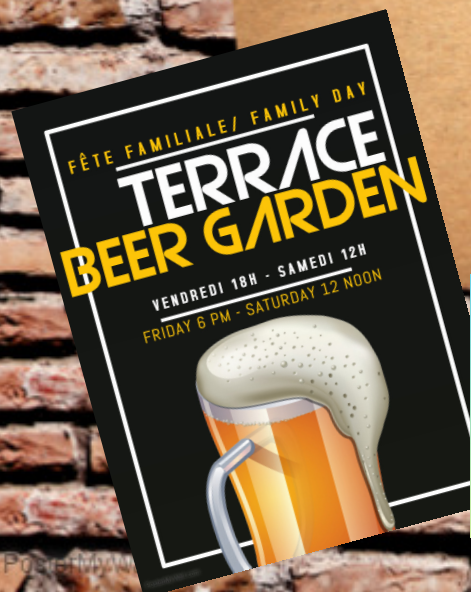
Canteen at Club Ados 6 pm

Pickle ball 6:30 pm

Slow-pitch tournament 6:30 pm

Family movie (Smurfs 2) 7-7:30 pm

(bring your blankets and chairs)



TOURNOI - PICKLEBALL - TOURNAMENT

Nous avons tout l'équipement nécessaire, venez essayer ce nouveau sport! Activité sociale amusante et non-compétitive. We have the equipment, come and give this sport a try! Friendly, non-competitive fun and very social activity.

VENDREDI 18 AOÛT - 18H30
FRIDAY, AUGUST 18 - 6:30 PM

inscriptions individuelles: plaberge@munsgdv.ca /
individual pre-registration: 418-844-1218

TOURNOI/TOURNAMENT
18-19 AOÛT/AUGUST 18-19

INSCRIPTIONS
REGISTRATION

ALLE DONNÉE/SLOWPITCH
COÛT: 20\$ (T-SHIRT INCLUS)
COST: \$20 (T-SHIRT INCLUDED)

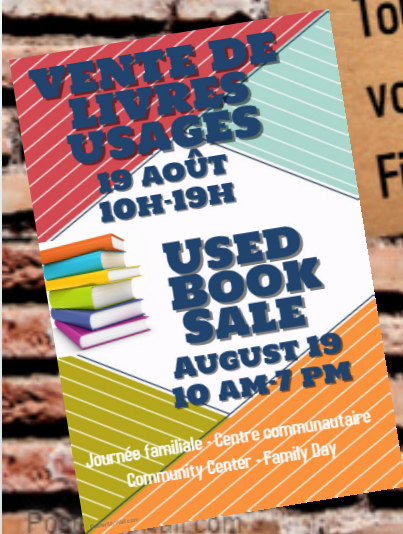
DATE LIMITE : 11 AOÛT
DEADLINE: AUGUST 8

PLABERGE@MUNSGDV.CA

FAMILY DAY 2017

SATURAY, AUGUST 19

Slow-pitch tournament 10 am
 Used book sale 10 am
 Canteen at Club Ados 10 am
 Beer garden (18+) 12 noon
 Food trucks 11:30 am-7 pm
 For kids:
 Bouncy houses 11:30 am
 Tim Bits soccer (party & medals) 11:30 am
 Family arts & crafts 1-4 pm
 Various workshops (Yoga, Insanity, Piyo) All day
 Tournaments:
 volleyball, horseshoes, petanque, eucher 2 pm
 Fireworks and musical show - Evening



2017 MUNICIPAL ELECTIONS

MESSAGE FROM THE PRESIDENT OF ELECTIONS

Municipal elections will be held throughout the Province of Québec on Sunday, November 5th, 2017. The term of office for all seats, Mayor and six (6) councillors, is four (4) years.

Current members of council are:

Mayor: Brent Montgomery

Seat #1: Shelley MacDougall

Seat #2: Raymond Bureau

Seat #3: Martin Hicks

Seat #4: Thomas Lavallee

Seat #5: Dorothy Noël

Seat #6: David Hogan

The Director General of the Elections (DGE) provides the Municipality with the Permanent List of Electors. This list contains information obtained from the Provincial enumeration updated on the basis of the information transmitted to the Chief Electoral Officer by electors, as well as information from the *Société de l'assurance automobile du Québec*.

In spite of constant updating of this list by the Chief Electoral Officer, each elector is responsible for ensuring that he or she is correctly entered on the permanent list of electors.

You may verify if you are properly listed by calling the Director General of the Elections at **418-528-0422 or 1-888-ELECTION**. If your address has changed since the last municipal, provincial or school board elections, make certain that your change of

address has been made with the *Régie de l'assurance maladie* 1-800-561-9749 so that your name is listed with your new address.

Revision of the list of electors:

The Municipality's list of electors will be revised according to the Municipal Elections and Referendum Act. A notice will be given to indicate the place, dates and times where the list may be consulted so that an application for entry form, a striking form or correction can be presented to the Board of Revisers.

CONDITIONS REQUIRED TO VOTE

To vote you must be registered on the list of electors, be aged 18 or more on polling day and meet the following conditions. As of September 1st, you must:

- Be a Canadian citizen
- Not be under curatorship
- Not be deprived of your election rights
- And you must:
 - * be domiciled in the Municipality and, have been domiciled in Québec for at least six (6) months;
 - * Have been, for at least twelve (12) months the owner of an immovable or the occupant of a business establishment.

¹ Individuals are put under curatorship when a court has found them completely and permanently incapable of taking care of themselves and managing their own property.

PROPRIETORS OF AN IMMOVABLE OR AN OCCUPANT OF A PLACE OF BUSINESS

If, on September 1st, 2017 you are a proprietor of an immovable or an occupant of a place of business for at least twelve (12) months and you are not domiciled in the Municipality, the law now obliges you to make a written request to the Election President so that your name appears on the list of electors.

In the case of co-owners and co-occupants of a place of business, you must designate, by means of a Power of Attorney signed by the majority, one person who may be entered on the list of electors. You must therefore transmit this Power of Attorney to the Election President. A Power of Attorney remains valid until it has been replaced.

These forms were included with your municipal tax bill last February. A copy may also be obtained at the municipal office: 1743 Blvd. Valcartier, Saint-Gabriel-de-Valcartier, (Quebec) or call us at 418-844-1218.

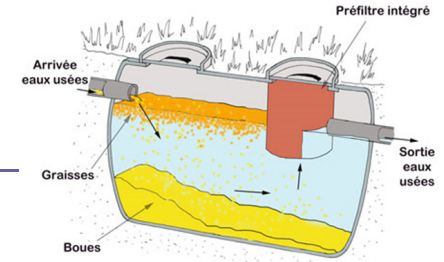
If you wish to exercise your right to vote, you have the responsibility to ensure that your name is registered on the list of electors.

Should you require further information, please do not hesitate to contact me at 418-844-1218.

Joan Sheehan, Election President

URBANISM—MAINTENANCE OF A SEPTIC SYSTEM

Septic system : items to maintain	
Tank (septic or gray water)	<p>Empty as soon as the sewage volume reaches 50% of the tank's capacity, every 2 to 4 years on average (make sure to refill with water afterwards).</p> <p>After emptying the tank, the bacteriological process must be "re-initiated" with products sold commercially. It is also advised to leave a small part of the sewage for this purpose.</p> <p>Verify that there is no blockage to the ventilation and water circuit once a year.</p> <p>Locate the sewage level to plan the draining.</p> <p>Clean the screen at the opening of the tank.</p>
Purification device or sewage field	<p>Verify that there is no blockage to the distribution viewpoint and blockage pipes.</p> <p>Verification of the distribution of the effluents in the pipes.</p> <p>Check for proper flow (no reflux or stagnation).</p>
Pre-filter	<p>Clean and remove the elements retained by the pre-filter, once or twice a year;</p> <p>Take advantage of this to check the condition of the filtration materials once or twice a year.</p> <p>Wash or change materials if necessary. To wash: remove pre-filter from the tank, taking care not to let the debris go through during the cleaning.</p>
Pump	Regularly check and clean the pump (if existent).
Approved devices	Maintenance must be in accordance with the owner's manual supplied by the manufacturer.



AN APPEAL TO CIVILITY

The definition of civility reads as follows:

**Politeness towards others,
respectful behavior and public
decency rules
and**

**Observation of good manners,
respect for the propriety of life in
society**

Almost every day we receive comments from citizens having witnessed display of lack of civility. Some would say that civility doesn't apply to the youth these days, but the facts are that we can all be remiss in « civility » throughout our lives everyday .

For some, it's impatience while driving, some need to drive at the maximum speed allowed (and more often than

not maybe even a little 10 km/h over the limit) and to get upset with those who don't! Moreover, the roads of our beautiful Municipality are criss-crossed by narrow roads full of curves that are well appreciated by motorcyclists and cyclists with whom we have the obligation to share the road.

Excessive speed is a real danger for all; pedestrians, drivers, bikers and cyclists.

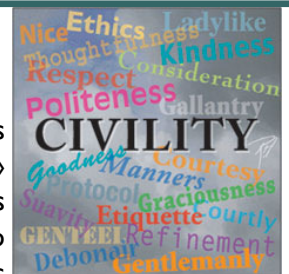
For others, it's being impatient to reach our destination to get rid of trash when it's so easy to throw it out on the roadside. Maybe those who use roadsides as a garbage dump don't realize it but their litter will probably outlive not only themselves but also their children and grand-children.

And what to say about those who walk

their doggies and « forget » to bring bags to pick up their dog's droppings? Even if we are in the country, even if we live in the forest, it is our obligation as dog owners not to encumber our fellow citizens with our doggies' "gifts".

For each of us, civility is something we always appreciate in others. Think about it, we live « Together, in the heart of nature », respect of others and our environment can only help to improve everyone's quality of life!

Source : Dany Laberge, Public Works



**Don't forget to turn back your clocks on November 5th
and change the batteries in your smoke detectors.**



A NEW FACE IN THE URBANISM DEPARTMENT

Welcome to Lysa-Marie Hébert who has officially joined our team as Municipal Inspector. It will be her pleasure to meet with you in the Urbanism office.



REMINDER - 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 1st to April 30th the following year.



BULK WASTE PICKUP

The collection of non-household waste (dry materials) is held weekly until the end of November. Starting the first week of December and, for the winter season (December, January and February), the collection will take place the first Thursday of each month. This service functions on a call-in basis only. Please do not deposit non-household waste in front of containers or community mailboxes. You must call the Municipality at 418 844-1218 to request this service and provide an itemized list of materials to be picked up or register for the collection online (www.saint-gabriel-de-valcartier.ca).

It is important that these materials be sorted and organized (ex: carpets rolled and tied, metal sorted, wire rolled and tied, etc.).

You may dispose of used tires (non-commercial use only) and rims. You may also dispose of cooking or frying oil in their original container or in a labeled clear plastic container.

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

You may not dispose of renovation materials in your regular garbage bin as the waste management company will not pick up your garbage. We can pick up a limited amount of these materials in the non-household waste weekly pick up. You must first place a request with Dany Laberge, person responsible for Public Works. For major renovations, contact the Municipality to find out where you can dispose of these materials.

GARBAGE AND RECYCLING CONTAINERS

We would like to remind residents that large garbage and recycling containers located on a number of non-municipalized streets are there for the use of residents who do not have door to door collection of garbage and recycling. Because they do not have rolling bins, the Municipality has installed large garbage and recycling bins for their use only. When residents who benefit from door to door collection use these containers, those with the right to use them cannot dispose of their waste since the containers are full.

Please be civil and respectful towards your fellow citizens and do not use these containers if they are not meant for you.

Notice to Sommet Bleu Development

To avoid the nuisance of wild animals getting into your garbage, all



household waste must be deposited inside and not next to the containers put at your disposal.

Please note that the garbage removal company will not pick up garbage which has been left next to the containers. If containers are full, we ask that you please wait until next collection day.

As for the recycling, you must fold or cut cardboard boxes before depositing them in the recycling bins to avoid filling the bins up too quickly.

Thank you for your collaboration.

SPECIAL COLLECTION OF FALL LEAVES

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 30th**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.



DISTRIBUTION OF WOOD CHIPS

At certain times of the year, the Municipality has wood chips to distribute. If you wish to receive some, please contact the person responsible for Public Works, Dany Laberge at 418-844-1218.



HHW (HAZARDOUS HOUSEHOLD WASTE) COLLECTION SEPTEMBER 17th

The Municipality will offer a Hazardous Household Waste (HHW) recycling depot, free of charge, on **Sunday, SEPTEMBER 17th from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

You must bring your hazardous materials to the depot location.

Here is a list of materials that can be recuperated:

PAINTS	ORGANIC HAZARDOUS HOUSEHOLD WASTE
<p>Paints:</p> <ul style="list-style-type: none"> • sold by retail businesses (100 ml containers and larger) • sold by wholesale businesses (170 L containers and larger intended for architectural use) • primers and paints (latex, alkyd, enamel and other) • metal or anti-rust paint • aluminum paint • dyes • varnishes • lacquers • products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways) • signalisation paints (those available in retail businesses) <p>Aerosol paints</p>	<p>Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.</p> <p>INORGANIC HAZARDOUS HOUSEHOLD WASTE</p> <p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact light bulbs (CFL)</p>



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

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

For safety reasons, do not mix products.

During this collection, you may also bring in your used oil, used oil filters and oil containers (**non commercial use only**).

This service is also offered free of charge throughout the year by the Municipality by appointment only.

Thank you for your active participation in a healthy environment!

MUNICIPAL TAXES

If you pay your municipal taxes by Internet or by telephone, a modification to your reference number on your financial institution's website is essential. This reference number is your assessment roll number, excluding the first numbers (22025) and without hyphens for a total of 10 digits.

We remind you that the third and final payment is due on September 1st, 2017, 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 2018 annual tax bill will be mailed the first week of March.

Chimney cleaning

You may reserve equipment to clean your chimney at the Municipality. This service is free of charge!



MESSAGE FROM THE SQ

SHARING THE ROAD

The Sûreté du Québec would like to remind road users of the importance of everyone's behavior on the roads. Whether as a driver of a road vehicle, a cyclist or a pedestrian, everyone must respect the various regulations in force, both by the Criminal Code and the Highway Safety Code.



A few rules to follow as a pedestrian:

- always use the sidewalk on the roadside, if there is no sidewalk, walk on the side of the road facing traffic;
- cross at intersections and pedestrian crossings; comply with pedestrian traffic lights installed at intersections, if there are no pedestrian traffic lights, comply with vehicle traffic lights.

According to the Highway Safety Code, a pedestrian may not

- cross an intersection diagonally, unless a police officer, a crossing guard or other signage authorizes it;
- hitch a ride on a roadside or where passing is not allowed;
- travel on a highway or one of its access roads.

A few rules to observe as a cyclist:

The Highway Safety Code forbids a cyclist, among others to travel:

- on highways or their access roads;
- against traffic – unless signs authorize circulating against traffic for bicycles;
- on the sidewalk;
- with headphones;
- between two rows of moving vehicles.

It is also forbidden:

- to transport a passenger, unless a seat is provided for that purpose;
- to drink alcohol while circulating.

We remind drivers that they must respect the distance of one meter when passing a cyclist in a 50 km/h and less area and respect a distance of over 1,5 meters in a zone over 50 km/h. In a situation where it is impossible to safely pass a cyclist, remain behind until able to pass safely.

For more information on different regulations of the Highway Safety Code, you may consult the *Société de l'assurance automobile du Québec's* website.

Remain vigilant and courteous towards all road users. Don't forget you may sometimes be: a driver, a pedestrian, or even a cyclist.

MRC - COMMUNIQUÉ

THE MRC DE LA JACQUES-CARTIER WILL HOST THE CÉLÉBRATION PATRIMOINE IN 2019



Les Prix du patrimoine

At the 2017 Célébration Patrimoine ceremony held last June 17th in Lévis, the MRC de la Jacques-Cartier was officially designated as host of the next edition in 2019.

'It will be our pleasure to welcome you with open-arms so you can discover our history, but also to highlight your initiatives. The heritage of every one of our regions is rich and diverse', delighted the Prefect of the MRC, Louise Brunet, to the many invited guests at the bi-annual event.

Célébration patrimoine

The Célébration patrimoine closes every edition of the Prix du patrimoine de la Capitale-Nationale et de la Chaudière-Appalaches. The event represents a beautiful showcase for the MRC and host city, as close to 350 people, laureates and dignitaries of the two large regions are gathered to celebrate the history and to recognize remarkable initiatives made by organizations and residents in order to protect and valorize the cultural heritage of their milieu.

The realizations of the Jacques-Cartier highlighted

At the 2017 edition, several realizations of people from our area were highlighted. Let us not forget that the Corporation de la Chapelle Saint-Joseph-du-Lac distinguished itself in the Conservation and Preservation category for its project to create and install a stained glass window respecting an original opening. The Municipality of Stoneham-and-Tewkesbury was recognized in the Landscape Preservation and Conservation category for its reorganization of its Founders' Park which now gives access to the Huron River. The Vent de mémoire project, co-produced by Geneviève Roussel and CCAP.tv distinguished itself in the Interpretation and Broadcast category.

Source : MRC de La Jacques-Cartier

FIRE PREVENTION WEEK OCTOBER 8 TO 14, 2017

Fire Prevention Week runs from October 8 -14, 2017. This year's theme is **"EVERY SECOND COUNTS: PLAN 2 WAYS OUT!"**

Smoke and fire spread fast. There's no time to figure out how to escape AFTER a fire starts. That's why it is so important that everyone has working smoke alarms in their home and that they practice a home fire escape plan with everyone in their household BEFORE there's a fire.

Protect yourself and your family from fire at home...

Consult our fire prevention tips at: <http://www.securitepublique.gouv.qc.ca/en/fire-safety/preventing-a-fire.html>

If a fire does occur...

- ◆ Alert other occupants immediately.
- ◆ Leave the house without wasting any time.
- ◆ Go to your pre-arranged meeting place outside and make sure that no one is missing.
- ◆ Call 9-1-1 once you are outside.

THE GOLDEN RULE

NEVER RETURN INSIDE a building if flames or smoke are present. Remember that only firefighters have the protective equipment necessary to save a person or an animal trapped inside a burning house.



B.B.Q. FONDS BYRON MCBAIN

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

The number of chickens is limited so

YOU MUST RESERVE YOUR CHICKEN!

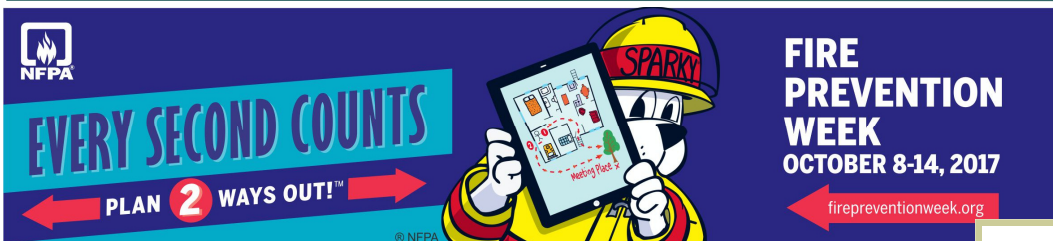
(½ chicken with bun, salad and dessert for \$13)

Games for kids: 4 pm

Dinner served: 5 to 7 pm

To reserve:

418 844-3755 (Susan)



BYRON MCBAIN GOODWILL FUND

A SAFE HALLOWEEN TRICK OR TREAT ROUTE

Fire Safety Services will be out patrolling and controlling traffic from 5:00 to 7:00 p.m. on Halloween night (Tuesday, October 31st).

The patrolled route is as follows:

Boulevard Valcartier, between Morley Street and the Dépanneur du Village; Morley Street; Domaine St-Gabriel; Place Leduc.

Drivers: please be vigilant along the streets mentioned above and travel below the posted speed limit. Residents: please keep your dogs tied and turn off the outside lights if you are unable to participate or when you can no longer receive trick-or-treaters. Thank you very much for your cooperation and we hope that this effort will help the children enjoy a safe and happy Halloween.

Come to the FIRE HALL to pick up a

flashing pin and a surprise before starting your Halloween route.

We will also be serving hot chocolate and coffee!

This activity is possible thanks to the collaboration of the Fire Safety Services and the Sports and Recreation Department.

Parents, park your vehicle in the Community Centre parking lot and walk the trick-or-treat route with your children!

Hey kids, have an adult check your candies before eating any!



Mr. Byron McBain was an extraordinary volunteer in our community for well over 30 years. He was a volunteer fireman and became Director for our Fire Safety Services. He was also a great volunteer with his Church. Mr. McBain was the catalyst for many acts of charity helping to improve the quality of life for his fellow citizens. The Byron McBain Fund will serve to promote volunteerism within our community by offering grants for education to young citizens having volunteered for the Municipality. The fund will also serve to reward or reimburse Saint-Gabriel-de-Valcartier citizens having made a gesture of charity or humanitarian aid to their fellow citizens. This non-profit fund is managed and operated by the Municipality's Fire Safety Service. To make a donation, send a cheque made out to Byron McBain Fund and mail to 1743, Boulevard Valcartier, Saint-Gabriel-de-Valcartier, Quebec, G0A 4S0. **VOLUNTEER STUDENTS, DON'T FORGET TO APPLY FOR THE BYRON MCBAIN FUND BURSARY BEFORE OCTOBER 31ST. DETAILS ON THE MUNICIPAL WEB SITE.**

SPORTS AND RECREATION PROGRAM—AUTUMN 2017

FOR MORE INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director **418 844-2097** or plaberge@munsgdv.ca



Inscriptions Studio Dépendanse

SAINT-GABRIEL DE VALCARTIER



Fall session (begins September 9)

- 12 classes
- A general practice and a show
- Cost: \$95/student and special price of \$5 off for every registration from the same family
- Classes starting at 3 years and « mommy's group »

Laurie Pelletier
studio.dependanse@gmail.com
418-570-0911






PLAYGROUP FOR CHILDREN 3 TO 5 YEARS OLD

We strive to provide a warm nurturing bilingual environment for children that will promote each child's physical, social, emotional, creative, cognitive and intellectual development. Our program provides a place where each child can explore his/her own individual potential. Playgroup's interactive environment encourages curiosity, problem solving, creativity and social growth. We recognize and encourage the amazing potential children have to learn!

In order to offer this activity, we must have a minimum of 6 children therefore, we suggest that you register as soon as possible. Children must be toilet trained to attend this group.

Where: Community Center

Schedule: Tuesday, Wednesday, Thursday
8:30 am to 3:30 pm

Duration: 14 weeks from Sept. 12 to Dec. 14

Cost: 2 days/week: \$350
3 days/week: \$450



THE FOODIES

Cooking with Lili

Date: Wednesday, Sept. 13

Time: 7 to 9 pm

Cost: \$35 / person

On the menu: General Tso's chicken with Jasmine rice & Lychee mint fizzy (non-alcoholic)



Registration deadline: September 6

Date: Wednesday, September 27

Time: 7 to 9 pm

Cost: \$35 / person

On the menu: Spring rolls & chicken Chow Mein

Registration deadline: September 20

COOKING CLASS FOR KIDS

Date: Thursday, September 21

Time: 4 to 5:30 pm

Cost: \$35 / child

On the menu: Vegetarian sushi rolls & Japanese carrot-ginger salad

Registration deadline: September 14

All workshops will be held at the Community Center

Registration: Pamala Laberge 418-844-1218
plaberge@munsgdv.ca

TAEKWON-DO

For adults and children aged 7 and older.

The philosophy of Taekwon-Do is to eliminate fighting by discouraging aggression by a force that must be based on humanity, justice, morality, wisdom and loyalty with the objective of building a better, more peaceful world.

The creed, recited at the beginning of each course by the instructors and students, reflect this philosophy:

1. **Courtesy**
2. **Integrity**
3. **Perseverance**
4. **Self control**
5. **Courage**

Place: Community Center

Schedule: Tuesday and Thursday from 6:15 to 7:30 p.m. and 7:40 to 8:45 p.m. (advanced)

Duration: 2 sessions/week as of September 19th

Cost: \$105 coloured belts
\$115 black belts
(\$20 extra for non-residents, payable once a year)

Teacher: Rock Soucy

As places are now limited, we will now use first come, first registered formula. Parents are invited to sign up with their child.



STEP

**Course reserved for adults
(12 years and older)**

Where: Community Center

When: Mondays

Schedule: 7 to 8 p.m.

Duration: 12 weeks as of Sept. 18

Cost: \$40

Teacher: Lise Cavier

50 % rebate for students.

Class size is limited, please register as soon as possible.



HATHA YOGA

**Everyone can
practise yoga!
Atmosphere of
trust and respect
Union-
Conscience-
Passion-Calm**



Hatha yoga is the form of Yoga most widely practised in North America. It is one of the branches of Yoga which concentrates on physical health and mental well-being. Hatha yoga uses body postures (*asanas*), breathing techniques (*pranayama*) and meditation (*dhyana*) in order to create a healthy body and peaceful and clear mind. There are close to 200 postures in Hatha yoga. There are hundreds of variations which help us relax our spinal column, promote circulation to all organs, glands and tissues. Hatha yoga postures help with stretching, the alignment of the body, equilibrium and mobility.

Benefits of Yoga

Tools to better manage stress, soothe the mind, help with concentration, and in acquiring better body mobility, increase strength and balance, tone the body and improve lung capacity.

What you should bring to class:

A Yoga mat, a small pillow, a blanket or towel, comfortable clothes, a water bottle.

Compassion towards yourself!

Registration:

Community Center, contact Pamala Hogan Laberge at 418-844-2097 or plaberge@munsgdv.ca

Date: Sept. 14 sept. to Nov. 23

Cost:

\$100 for 10 classes (cheque or cash)

Schedule:

Thursday from 10 to 11 am (chair yoga)

KNITTING WORKSHOPS

Knitting workshops for everyone. No experience necessary!

Teacher: Mrs. Katherine Burgess

Dates: September 5 at 2 pm
September 7 at 4:30 pm

Cost: Free

Where: Community Center

Registration: Pamala Laberge
418-844-1218
plaberge@munsgdv.ca



BETTY'S QUILTERS

Welcome new members! This activity is for adults.

Team projects or projects for beginners are proposed or you can work on your own projects. The main objective is to learn and share everyone's knowledge.

Where: Community Center

When: Mondays, from Sept. 11th

Schedule: 9:00 am to 3:30 pm

Cost: \$30 for the year

Information meeting on the first Monday.

Quilting exhibition on Sunday, October 15th from 10 am to 3 pm at the Community at Community Center. Refreshments and crafts also available!

Free Admission!



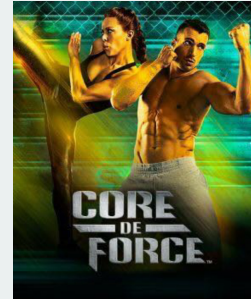
INSANITY LIVE



You're about to experience cardio conditioning that will completely transform your body. It's a challenge—but your Instructor can modify the toughest moves to help you Dig Deeper at any fitness level. This program is suitable for all fitness levels.

When: Wednesday from 7 to 8 pm starting September 20
Cost: \$80/10 classes or \$10/class
Where: Community Center
Registration: On-site at first class
Information: Eric Desloges / edesloges@hotmail.com

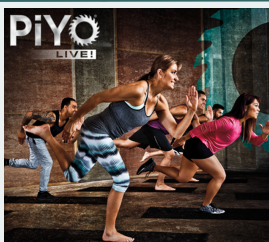
CORE DE FORCE



CORE DE FORCE® LIVE is much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. Created by Beachbody® Super Trainers Joel Freeman and Jericho McMatthews, this workout combines authentic Boxing, Kickboxing, and Muay Thai moves, explosive power moves, and interval training that all engage your core, so you get in killer shape, incredibly fast! It starts with one punch. The only question is...how hard will you fight for it?

When: Monday from 6 to 7 pm starting September 18
Cost: \$80/10 classes or \$10/class
Where: Community Center
Registration: On-site at first class
Information: Eric Desloges / edesloges@hotmail.com

PIYO LIVE!



MAKE A POWER MOVE. EXPERIENCE A PIYO® LIVE CLASS!

Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen—all in one workout. Define exactly how you want to look—and feel. No weights. No bulk. Just hard-core results. What will you do with all that power?

When: Tuesdays at 6:30 pm starting September 19
Cost: \$80/10 classes or \$10 \$/class
Where: Valcartier Community Center
Registration: On-site at first class
Information: Manon Brassard 418-929-9561 or homefitmanon@gmail.com

TURBO KICK LIVE!



BE A TOTAL KNOCKOUT!!

Ready to be the sexiest, most confident you? Then get in the zone and experience the ultimate cardio-kickboxing class. No bags. No gloves. Just challenging boxing combos choreographed to the hottest music mixes. Perfect your form and figure, bond with Turbo fanatics, and get seriously hooked on the Turbo High. It's not easy shaping a knockout bod, but with Turbo Kick® LIVE, you're gonna love every second of it. **READY TO BECOME A TOTAL**

When: Thursdays at 6:30 pm starting Sept. 21
Cost: \$80/10 classes or \$10 \$/class
Where: Valcartier Community Center
Registration: On-site at first class
Information: Manon Brassard 418-929-9561 or homefitmanon@gmail.com

COURS HATHA-YOGA

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

My approach to Hatha Yoga is the opposite of what is often required in our everyday life: which is to always perform. Those who get into Yoga quickly become aware of the positive impact of Yoga on their stress levels, bringing subtle changes to the physical level, then the mental level in the way they approach stress and other aspects of their lives. The practice begins gently with breathing techniques and a return to the present moment. Each student is invited to listen to his body to adapt his practice to his level of flexibility and endurance. Courses are often introspective and meditative. Gentle Yoga, while being guided to an adaptation to the needs and abilities of your body. Hatha Yoga is based on postures, relaxation, breathing exercises and meditation.

Where: 268 5th Avenue **When:** Wednesday morning and evening/Friday morning starting Sept. 4
Cost: \$130 (tx included) for 10 weeks or \$240 for 2X/week (20 classes)
Registration: Marylin Parent, Yoga professor, by phone 418-844-3916 or parent_marylin@hotmail.com

HEALTH TRAINING MARIE-ÈVE ROCHETTE

Marie-Eve Rochette, Certified Kinesiologist and Stress Physiologist

GENERAL DESCRIPTION – Come learn and relearn how to move properly while doing everyday as well as sport activities all while having fun! My goal as clown, mother, and experienced kinesiologist is to teach the best way to move in order to prevent short term and long term joint problems related to lifestyle in a fun way, starting at a young age.

MOM AND BABY FITNESS – 0-2 years

Tuesdays 9:00-10:00. Move for fun while respecting your body after the birth of your child all in the company of baby. Following this course you will have all you need for exercises including perineal education. These series of exercises will let you to stay in shape all your life as well as being a great example to you kids. The course will take place outdoors and indoors with stroller or sleigh, depending on the weather.

Required material: stroller or sleigh, running shoes, water bottle, towel, small blanket and a toy

50 PLUS FITNESS

Tuesdays 10 :30-11 :30 : These physical conditioning classes will give you the tools to safely get into or stay in shape. My goal as an experienced kinesiologist is to teach in a fun way, all the while respecting the condition and rhythm of each individual, the best way to move to prevent or repair joint, metabolic or cardiac problems, related to our lifestyles. This course will take place both outdoors and indoors, depending on the weather.

Required material: running shoes, water bottle, towel

When: Tuesdays from 9 to 10 am and 10:30 to 11:30 am starting September 19

Cost: \$50/1 session (12 classes) or \$10/class

Where: Valcartier Community Center

Registration: On-site at first class

Information: Pamala Laberge 418-844-1218
or plaberge@munsgdv.ca

ENGLISH CLASSES WITH EMMA

CLASSES FOR ADULTS:

If you want to learn English but just don't know where to start, come join us at the Community Center. We will spend quality time together in a non-judgmental environment to develop a vocabulary either for travelling or business. All classes will be tailored and adapted to what you need to learn.

When: Wednesday nights from 7 to 8 pm
starting September 6

Cost: \$80/4 classes

Where: Valcartier Community Center

Registration: Pamala Laberge 418-844-1218
or plaberge@munsgdv.ca

CLASSES FOR YOUNG STUDENTS:

An introduction to the English language. In a non-judgmental, fun environment. We will develop a vocabulary and a comprehension which will help to establish self-confidence.

When: Sundays from 10:45 am to 12 noon
Starting September 10th

Cost: \$80/4 classes

Where: Valcartier Community Center

Registration: Pamala Laberge 418-844-1218
or plaberge@munsgdv.ca



PUBLIC MARKET

IN THE SHELTER BEHIND THE COMMUNITY CENTER
every Thursday until September 14 from 2 to 6 pm

We'll be there rain or shine!

Information: Joanne Gosselin, 418-844-3213 or
jardins5econcess@hotmail.com



THANK YOU VOLUNTEERS

Volunteers are the heart of this community. It is through their dedication and hard work that helps Saint-Gabriel-de-Valcartier be as fantastic as it is!

A special thanks to our soccer, softball and Family Day volunteers. Without you, these programs would not be the success they are. Thank-you to our summer employees who also put their hearts and extra time into their jobs!

Without our volunteers we wouldn't be able to provide the high standard and variety of activities that we do. A special thank you to all our wonderful, talented, committed and amazing community volunteers. Your contribution means the world to all those you support. The time and dedication of all our volunteers is hugely appreciated by myself and the municipal council. Commitment is the key to a vibrant community. If you are volunteering, congratulations. If you aren't, think about it.

PAM

COMMUNITY GOLF TOURNAMENT - SEPT. 24

The Sports and Recreation Department is currently organizing its annual fall golf tournament for 2017 at the **Club de Golf Centre Plein Air Castor Base Valcartier**. This activity will be held on Sunday, **September 24th** for the price of **\$90 per person**. The event will start with a brunch, and a fabulous prize draw!

The game to be played is Continuous Mulligan and a minimum of 10 foursomes is needed for the activity to take place.

Schedule: 10 a.m.: Brunch
11:30 a.m.: Golf

To register, 418 844-2097.



PHYSIK GYM

Schedule:

Monday to Friday	6:00 to 1:00 pm
Monday to Thursday	3:00 to 9:00 pm
Friday	3:00 to 7:00 pm
Saturday	7 a.m. to 12 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= adults and children/students 14 to 25

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

50% rebate (except card and session rates)

⇒ 1 session: \$5/person

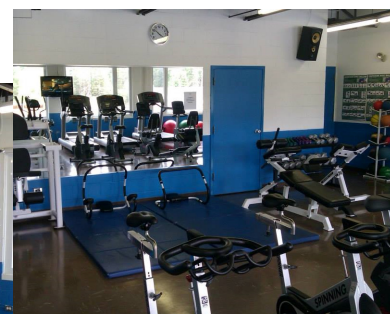
20 sessions card: \$60/person

Non-residents: \$20 more

Age requirements:

14 to 16 years old (Cardio only)

16 and above (Cardio + Weights)



Person Responsible:

Jean-François April
B.Sc.s. Physical Education
Coach expert FCPAQ
Telephone: 418 844-1218
Extension 233

Email:

centrepophysik@videotron.ca



CLUB ADOS—NEW ACTIVITY

Starting September 20th, we will be working in collaboration with the VES Cooking Club, preparing the evening lunch for our Golden Age Club.

This is a great opportunity to pursue another type of extracurricular activity. Get off the bus at the Community Center and join us in the kitchen.

Where: Community Center

When: Wednesdays after school

Time: 4:00 to 8:30 pm

Cost: A great attitude and your time

Goal: To create a sweet recipe for the Senior Citizen's Club, promoting volunteer work and helping others. Not only will we be in the kitchen but after the kids can chill out and have supper with the animators. Who knows, maybe even some homework help!

WINE AND PAINT WORKSHOPS

Uncork your creativity! An evening (or two!) of art and creativity you will not soon forget. Whether you are a beginner or experienced, come paint with a group and learn new painting techniques. The evenings will be animated by Véronique Asselin, an artist and teacher from Shannon.

When: September 11 and October 16 from 1:30 to 4:30 pm and 6:30 to 9:30 pm.

Where: Community Center

Cost: \$30

Included: Supplies, glass of wine
Go home with a completed canvas.

Registration: 418-844-2097

No experience necessary!



MUNICIPAL LIBRARY

Book boxes! The library will be installing a few book boxes around the Municipality. The Book Box is designed to provide free books to residents and visitors. Feel free to browse and take a book home. Ask at the Library for the exact locations.

Used book sale!

Saturday, August 19th from 10:00 am to 7:00 pm. In the Community Center French and English books for all ages, prices vary from a quarter to a toonie! Take a break from the Family Day activities and stock up on winter reading. The books will remain on the stage for a few days after the sale for those that can't come on Saturday. Take a book and leave a donation.

TD Summer Reading Club

Keep reading and gathering coupons. The draw for prizes will be on Thursday, August 24 at 7:00 pm. Club members will have until September 16 to claim their 5 and 10 book prizes.

Moved? New phone number? Stop by the Library this fall to update your member file. You can access your file at www.mabibliotheque.ca/st-gabriel and also renew a loan, order inter-library loans, use the on-line resources, check the activities calendar and more.

New e-mail address: biblio@munsgdv.ca



STORYTIME

October 28: Wear a costume and come celebrate Halloween with us! Stories, songs, crafts and treats await...

Friday,
October
27th from
6:30 to 7:30 pm



SCHEDULE

Opening Hours until September 2nd

Monday and Thursday: 6:30 to 8:30 p.m.

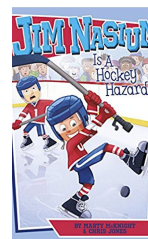
Opening Hours as of September 5th

Monday: 2 - 4:30 p.m.
Tuesday: 10 a.m. - 12 p.m. / 4:30 - 8:30 p.m.
Wed.: 6:30 - 8:30 p.m.
Saturday: 2 - 4 p.m.

Come see our new books, a book rotation was done at the beginning of August!

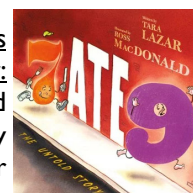
LIBRARIAN'S MUST-READS

Adult Category:
An Irish Country Cookbook
- Patrick Taylor



Youth Category:
Jim Nasium is a Hockey Hazard
- Marty McKnight

Children's Category:
7 Ate 9, the Untold Story
- Tara Lazar



Ouvert aux militaires et aux citoyens de la grande région de Québec / Open to military and citizens of the Greater Québec City

Programme du Service des
loisirs communautaires**AUTOMNE** 2017

- **Inscription activités des loisirs**
6 septembre 2017, dès 18 h
- **Inscription activités parascolaires**
6 septembre 2017, dès 18 h

Inscriptions en ligne :
www.bk.cfpsa.com/valcartierpub
et au Centre des sports.

(Ces informations sont disponibles
en français et en anglais.)

Community Recreation
Department program**FALL** 2017

- **Recreation activities registration**
September 6, 2017, starting at 6 pm
- **Extracurricular activities registration**
September 6, 2017, starting at 6 pm

Registration online :
www.bk.cfpsa.com/valcartierpub
and at the Sports Centre.

This information is available
in French and English.)



ConnexionFAC.ca/Valcartier

NOUVEL HORAIRE RÉGULIER

Centre des sports – Bât. 516

À partir du 5 septembre 2017

Lundi au jeudi*	6 h à 22 h
Vendredi*	6 h à 20 h
Samedi et dimanche	9 h à 20 h
Férié	9 h à 20 h

* Réservé aux militaires de 6 h à 9 h.
Accès aux membres PSL dès 9 h et non-membres PSL à partir de 16 h 30.

NEW REGULAR SCHEDULE

Sports Centre – Bldg. 516

Starting September 5th, 2017

Monday to Thursday*	6 am to 10 pm
Friday*	6 am to 8 pm
Saturday and Sunday	9 am to 8 pm
Holidays	9 am to 8 pm

* Reserved for military from 6 am to 9 am.
Access to SRP members from 9 am and SRP non-members from 4:30 pm.

INFORMATION

ConnexionFAC.ca/Valcartier
 418 844-5000, poste 5226
 @LoisirsValcartier

Service des loisirs communautaires

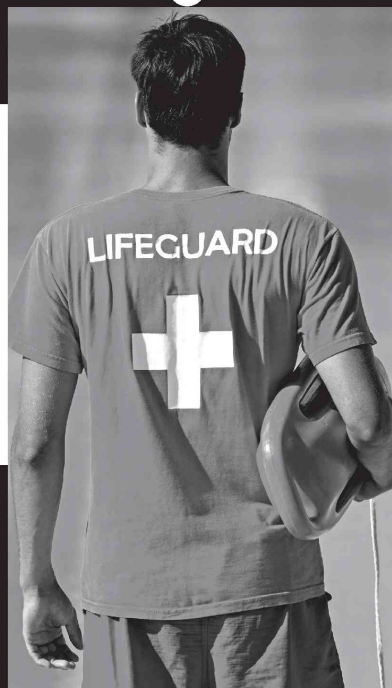
BASE VALCARTIER
EMPLOIS DISPONIBLES

- Sauveteur**
- Assistant-Sauveteur**
- Moniteur en sécurité aquatique de la Croix-Rouge**
(Cours de la Croix-Rouge, Cours privé et semi-privé)
- Instructeur spécialisé en conditionnement physique aquatique**
(Aqua-cardio, Aqua-jogging, Aqua-mixte, Aqua-poussette, Aqua-prénatal, Aqua-spinning, Aqua-triathlon, etc.)

EXIGENCES :

- Brevets à jour
- Sauveteur national de la Société de sauvetage et/ou Croix de bronze

ENVOI DU C.V. :
ressourceshumainesvalcartier@sbmfc.com
Service des loisirs communautaires

BASE VALCARTIER
**JOBS AVAILABLE**

- Lifeguard**
- Assistant-Lifeguard**
- Red Cross Water Safety Instructor**
(Red Cross Courses, Private and semi-private courses)
- Aquatic Fitness Sport Recreation Instructor**
(Aqua-cardio, Aqua-jogging, Aqua-mix, Aqua-stroller, Aqua-prenatal, Aqua-spinning, Aqua-triathlon, etc.)

REQUIREMENTS:

- Valid certification
- National Lifeguard awarded by Lifesaving Society and/or Bronze Cross

SEND YOUR RESUME:
ressourceshumainesvalcartier@sbmfc.com
Community Recreation Department

BASE VALCARTIER

THE MIGRATION OF THE JACQUES-CARTIER RIVER SMELTS IS GETTING READY!

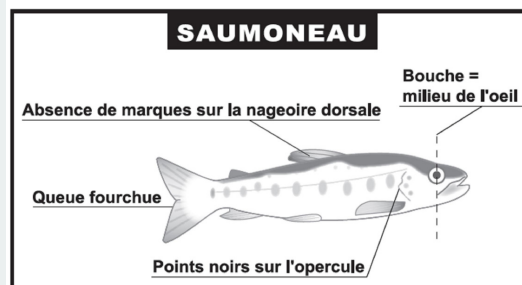
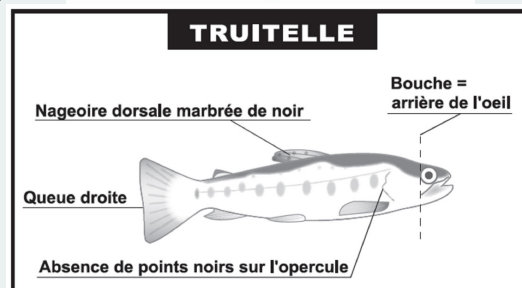
The month of May corresponds with the beginning of the long migration of smelts in the Jacques-Cartier River to the ocean, which is called the outmigration. Born in the Jacques-Cartier River 2 or 3 years ago, the smelts finished their growth in the river and must go feed on fish and crustaceans in order to become the kings of the river. Therefore, thousands of young salmon will be carried by the current to the St-Lawrence River and then out to the ocean.

The Corporation du bassin de la Jacques-Cartier (CBJC) invites all fishers to be vigilant and not confuse smelts with troutlets. In fact, salmon fishing is prohibited on the Jacques-Cartier River and smelts must be returned to the water under penalty of fine. For more on fishing rules on the different trunks of the Jacques-Cartier River, you may consult the CBJC's website or the following link:

<http://peche.faune.gouv.qc.ca/?lang=fr#saison=17+zone=31+espece=null+endroit=2578>.

In the summer of 2016, the CBJC completed its 3rd year of its study of the monitoring of smelts in outmigration to have an idea of the state of the health of the salmon population of the Jacques-Cartier River. Realized in partnership with the MFFP, this research project was funded by the Fondation pour la Conservation du saumon atlantique (FCSA), the Société R.S.P. Énergie inc. and the Fondation Héritage-Faune. It allowed for the enumeration of running salmon and to acquire different information essential to the maintenance of the salmon, such as their success of reproduction and rate of survival. In 2016, the total number of smelts was estimated at 25 456, 3000 of which were from seeding. The seeding allowed for an increase in productivity in the river and in the case of the Jacques-Cartier River, to colonize new habitats.

For more information or for the results of this study, you may consult www.cbjc.org or call us at 418-875-1120.



Come and discover YOUR Valcartier Family Centre!

Wednesday, September 13th as of 4:30pm

Join us for dinner and then take the opportunity to participate in the VFC's **Annual General Meeting**. Dinner and activities (bouncy castles, movies) are free for kids, \$5 for adults (reimbursed if you attend the meeting). Come ask questions, voice your concerns, hear the issues addressed and vote for the board of your VFC! Your participation is important!

During the meeting, free childcare is provided.

To sign up for the meal and / or the childcare service before September 8th:

Chantal Thompson: 418 844-6060.

Come and discover Quebec and its culture

Saturday, October 14th from 10am to 2pm

The Valcartier Family Centre and the RCM of la Jacques-Cartier invites Anglophones to discover Quebec and its culture, Saturday October 14th from 10am to 2pm, at the Valcartier Family Centre (Building 93). Come alone, as a family, as a couple or with friends! Many activities will be offered: French language basics, Quebec music, story time, preparing treats, sampling maple products, crafts and activities for kids, conference on Quebec and its culture and a typical Quebecois lunch. \$2 per person, payable onsite.

Please reserve your meal before October 10th by calling Chantal Thompson: 418 844-6060.



Book and bake sale for the United Way November 6th to 23rd

A book sale will take place at the **Valcartier Family Centre** (Building 93) with funds going to the United Way. The sale will take place **Monday to Friday, from 8:30am to 8pm**. Books of all sorts will be sold (English and French) at great prices. If you have books to donate, please bring them to the CFV. Thank you! Homemade goodies will be sold at a bake sale. You can come contribute your favourite baked goods or come get a treat for yourself Monday to Friday from 8:30am to 3pm.

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER



TOGETHER,
IN THE HEART
OF NATURE

1743 Boul. Valcartier
Saint-Gabriel-de-Valcartier
(Quebec) G0A 4S0

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

**MUNICIPAL
OFFICES
CLOSED
Statutory
Holidays:
Monday,
September 4
Monday
October 9**



*Association
des proches aidants
de la Capitale-Nationale*

Free help for caregivers

The mission of the Association is to contribute to the improvement of the living conditions of the caregivers of the Capitale-Nationale and thus contribute to their personal, family and social well-being.

Our services:

Pair, remote telephone monitoring; home respite; psychosocial support; a help center; telephone workshops; exchange meetings.

418-688-1511, poste 2
info@apacn.org / www.apacn.org

**MUNICIPAL WEBSITE
WWW.SAINT-GABRIEL-DE-VALCARTIER.CA**

USEFUL TELEPHONE NUMBERS

MUNICIPALITY

Administration	418-844-1218
Public Works	418-844-1218
Sports & Recreation	418-844-2097
Club Ados	418-844-1327
Library	418-844-4040
Ministry of Transportation	418-643-6903
MRC de La Jacques-Cartier	418-844-2160

Sûreté du Québec *4141 (cell.phone)
(non-emergency assistance) 418-310-4141

EMERGENCY 9-1-1

Info-Santé	8-1-1
Phone service down	6-1-1
Info Transports	5-1-1
Telephone Directory	4-1-1
Community Services Guide	2-1-1

DATES TO REMEMBER

AUGUST

17, 24, 31	PUBLIC MARKET
18, 19	Family Day and Slow-pitch tournament
19	Used book sale
24	TD Summer Reading Club draw for prizes-Library

SEPTEMBER

1	3rd and final payment of municipal taxes
3	Byron McBain BBQ Fundraiser
4	Beginning of Hatha-Yoga, Marilyn Parent
5	Library - return to regular schedule and beginning of knitting workshops
6	Beginning of English classes with Emma
7, 14	PUBLIC MARKET
9	Beginning of Studio Dépendance dance classes
11	Wine and paint workshops
12	Beginning of Playgroup and Betty's quilters
13	Little Foodies cooking workshop
14	Beginning of Hatha Yoga classes
17	HHW collection
18	Beginning of Step and Core de force classes

19	Beginning of Taekwon-Do, Piyo live! And Training for your Health Marie-Ève Rochette classes
20	Beginning of Insanity live! classes
21	Little Foodies cooking workshop for children and beginning of Turbo kick live! classes
24	Municipal Golf Tournament
27	Little Foodies cooking workshop

OCTOBER

1	Winter shelters allowed
8 to 14	Fire Prevention Week
16	Wine and paint workshops
27	Halloween story time at the Library
30	Special collection of Fall leaves (all week)
31	Deadline to apply for Byron McBain Fund bursary
31	Halloween safe trick or treat route

NOVEMBER

5	Municipal elections, return to normal time
23	Last weekly collection of Bulk waste

EARLY DECEMBER NEXT INDISPENSABLE