

SAINT • GABRIEL
• DE •
VALCARTIER

Volume 11 | Issue 2

February 2018

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**MUNICIPAL OFFICES
CLOSED FOR THE
EASTER HOLIDAY**

**FRIDAY,
MARCH 30
AND
MONDAY,
APRIL 2**



**On March 11th,
don't forget to
change your clocks
(spring forward)
check your smoke
detectors and
change the
batteries.**



A WORD FROM THE MAYOR

We are right in the middle of our winter season which some refer to as a winter wonderland. Children, as a rule, love the snow, while others may feel it loses much of its charm when you get old enough to shovel it and drive through it. Whatever your perspective, winter is a fact of life so make the best of it.

This is also the time of year for budgets and your municipal council adopted our municipal budget on January 30th. After numerous meetings between staff and council members to analyze our needs and services I am proud to adopt a balanced budget of \$6,413,027, an increase of 2.22%. In spite of this increase in expenses, I am pleased to announce that our tax rate will remain unchanged at \$0.34 for residential and \$0.47 for non-residential. Most of these

increases are for the new building at 1754 Boulevard Valcartier which houses the gym and Historical committee in addition to hosting numerous other activities. The increase in expenses will be taken from our reserves thus keeping our tax rate the same.

Some of the notable highlights in the budget include the walking and bike path connecting our Municipality to Lac Delage. This project, originally planned for last fall is now scheduled for this spring to be ready for use by summertime. Our major project is the re-positioning of the skating rink. We purchased the boards from the former Galeries de la Capitale rink. These boards are made of aluminum and require a cement base and should have a much longer lifespan than wooden ones. Another benefit of re-positioning will be additional

parking spaces which are always useful. This year's budget is in keeping with our philosophy of providing the most services for the least cost.

The council was somewhat saddened to learn in December that our Taekwon-do technical director, Maître Rock Soucy is taking a well-deserved retirement from the Club. Rock has been a part of our community for the past twenty-two years and was recognized as an honorary citizen. Last but not least, the members of council and I would like to congratulate two of our employees for having reached milestones in their employment with us, Dany Laberge for 25 years of service (2017) and Yves Chantal for 35 years of service (2018). Thank you and keep up the good work! Be safe and enjoy the rest of the season!

Brent Montgomery, Mayor

PLEASE KEEP THIS DOCUMENT AS A REFERENCE UNTIL MAY 2018

LOOKING FOR ARTISTS AND READY-TO-EAT SUPPLIERS

The Public Market is back this year with lots of new things. It will be held at the Community Centre (1743 Boulevard Valcartier) every Thursday from 2:30 to 6:30 pm. For this third season, a few wants and needs have been identified by clients and visitors of the past years. People seem to really appreciate being able to buy ready-to-eat meals as well as pastries and desserts and we would be happy to welcome someone to offer this service. Please contact Mrs. Johanne Gosselin on the Facebook page « Le marché public de Saint Gabriel de Valcartier » if you wish to reserve a table/kiosk for the Public Market this year.



ST-PATRICK'S DAY PARADE 9th EDITION

The *Défilé de la Saint-Patrick de Québec* includes over 1000 participants, musicians, dancers, street performers, Irish families, charitable organizations, historic characters, elves and leprechauns who entertain in downtown Quebec, to the delight of the crowds. The Saint-Gabriel-de-Valcartier Fire Safety Services will be part of the parade!

Come join us on Saturday, March 24th beginning at 1:30 p.m.

CONFERENCE : MANAGE STRESS NATURALLY, ONCE AND FOR ALL

Here is a conference on stress lasting about 1 hour. A booklet (French only) containing a list of natural solutions against stress will be given to you (recipes, plants, supplements, tips and tricks).



The approach is the following:

- What is stress? Where does it come from?
- Stress' role
- Phases of stress
- Exhaustion
- Unsuspected physiological effects of long-term stress on the body
- Natural solutions for stress (tips and tricks)
- Indispensable plants and supplements
- Anti-stress diet

When: Tuesday, February 20th at 7 pm

Duration: 1h30

Where: Community Centre

Cost: \$5 (payable in cash the night of)

Looking forward to meeting you!

—Catherine Drouin, Naturopath N.D



FAMILY SKATE NIGHT

Decorate your helmet or put on a funny hat to win fun prizes during this family activity to be held on Wednesday, **February 21st starting at 6 pm** at the municipal skating

rink. There will be hot chocolate and cookies and many door prizes to be won. This activity will be postponed to **February 28th** in case of bad weather.



**CONSTRUISEZ UN CHÂTEAU DE NEIGE
EN GROUPE,
REDÉCOUVREZ LE PLAISIR DE
JOUER DEHORS L'HIVER !**

ICE CASTLE CHALLENGE
From January 8th to March 11th,
build a castle and send a photo to
www.defichateaudeneige.com for a
chance to win several prizes!

**PLUSIEURS PRIX
DE PARTICIPATION
À GAGNER !**

defichateaudeneige.com



Une initiative de :



Québec

MUNICIPAL LIBRARY

Did you know? Library members can ...

- Borrow a **Carte Muséo** for free passes to 9 museums, 3 new this year (Oct – May).
- Download a variety of magazines through **rb digital**, 9 new this year.
- Access the **Protégez-vous** website and examine current and past product reviews.
- Research your family tree on **Généalogie Québec**.
- Find resources for caregivers through **Biblioaidants**.
- Download the app **Bookmyne** to track your loans and check to see if the library has the book you want.
- Get **Email or text messages** for due dates and reservations.
- Borrow and download **Audio Books**.
- Borrow **eBooks** - English and French.

Want to know more? Stop by the Library or visit

www.mabibliotheque.ca/st-gabriel.

Remember to update your member file if your address or phone number has changed.

Not a member yet? It's free! Come see us during regular opening hours.



LIBRARY SCHEDULE

| | Open | Closed |
|-----------|---------|---------|
| Monday | 2 pm | 4:30 pm |
| Tuesday | 10 am | 12 pm |
| Tuesday | 4:30 pm | 8:30 pm |
| Wednesday | 6:30 pm | 8:30 pm |
| Saturday | 2 pm | 4 pm |

Visit our Library on the Internet:
www.reseaubibliodumquebec.qc.ca/saint-gabriel

New in Children's Picture Books!

See a QR code on the cover? Scan it! Then listen to the story as you read the book. A list of books (English only) is available at the library.



EASTER AT THE LIBRARY

Friday, April 6th, 6:30—7:30

Stories, songs, treats and an Easter Egg Hunt!
 Free activity for children 3 to 7 years old



Tuesdays – stop by the library on your way home from work!
 We're open from 4:30 to 8:30 pm!



YEAH! IT'S MARCH BREAK!!

Watch your child's school bag as well as our website and Facebook at the end of February. We will have fun activities to offer for March break...If we have a minimum group of 20 children, we could offer a full week of daycare service. Please let us know in advance if you would require this. Don't forget the Military Base (PSL) also offers a full program for the week of March Break.



CARE OF YOUR SEPTIC INSTALLATIONS

Would you like to maximize the life of your septic system?

Do you have thousands of dollars to waste due to your negligence?

Following observations made during the summer and fall of 2016, several owners fail to finish their septic systems properly and especially, in a rapid, efficient and standard manner. It goes without saying that neglecting your septic installation is looking for trouble. System deficiencies, reduction of life expectancy, potential impact on the environment and the value of your property are just some examples of the most common complications.

Here are some tips for anyone wanting to extend the life of their system:

- *Inquire about the type of system in place, its maintenance and operation;*
- *The surface of the septic field must not have stagnant water;*
- *Do not direct water runoff to the septic field;*
- *Gentle slopes only in the area around the septic field;*
- *Herbaceous type vegetation on the septic field;*
- *Bare soil is harmful to your system;*
- *If present, clean the septic tank pre-filter when necessary (2008 and above)*
- *Occasionally check the level of sludge inside the pit;*
- *Do not put any type of product or harmful liquids in your system (oils, liquid fat, toxic products, material that is not easily degradable, etc.);*



The septic system is usually the major oversight in the annual maintenance of a residence. Although the system is in the ground and deals with less than interesting substances, a breakage or defect is very often expensive and annoying.

Finally, we strongly recommend the completion of the landscaping of the septic installation. Otherwise, if and when things go wrong, you have been informed of the consequences!

For more information: www.saint-gabriel-de-valcartier.ca under the Urbanism tab or contact the Municipal Inspector at 418-844-1218.

2018 MUNICIPAL TAXES -

Payment methods

Residents and property owners will receive their municipal tax bill at the beginning of March.

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

The **first** payment must be made no later than **April 1st, 2018**. The **second** payment, if applicable, is due by **July 1st, 2018**. The **third** and final payment, if applicable, is due on **September 1st, 2018**.

Therefore 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 can pay your municipal taxes in cash (at the counter), by cheque made to the order of Municipalité de Saint-Gabriel-de-Valcartier (at the counter, by mail or through the night deposit), by Interac (at the counter), by Internet, by phone or at financial institution ATM's. For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens for a total of 10 numbers.



DOG LICENSES AND AMILIA

Did you know that it is possible to pay for your dog license with the new AMILIA platform? It's simple, go to the Municipality's



Website and select AMILIA under Quick Access then login or follow the instructions to create your account if this has not already been done. Under the Member tab, add your dog by selecting the Child option.

Select the Store tab and then click on Memberships button then select License de chien at the bottom of the page. Click Add, select your dog's name from the list and continue to checkout. A new license will be mailed to you in the following days.

NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

The **weekly collection** of non-household waste (bulk waste) **will resume in March**. The Municipality will collect these materials on a weekly basis every Thursday. 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 the Municipality at **418 844-1218** to schedule this service. When you call, please be ready to give us an itemized list of materials to be collected.

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.

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

For renovation materials, you may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage. We can collect a limited amount of these materials in the non-household waste weekly pick up. You must first submit a request to Dany Laberge, person responsible for Public Works. For major renovations, materials should be disposed of at the Stoneham Ecocentre.



CONTAINERS

NOTICE TO ALL RESIDENTS OF THE MUNICIPALITY

The containers located at the bottom of Joseph-Morales Street are **reserved exclusively for the use of those residing in the Sommet Bleu** sector. These containers are strictly reserved for garbage and recycling services in this sector. The Municipality offers a weekly non-household waste collection (bulk pick up). Therefore, please reserve your pick up as needed for this type of waste.

On the same note, the Public Works Department would like to remind all citizens that the containers located close to the municipal garage are strictly reserved for the use of the Municipality and not for the public.



RISK OF FROZEN PIPES AND WATERLINES

Preventive notice— Important risk of freeze to municipal and private pipes and water lines



Even if we are experiencing milder weather, frost goes deep and can still cause the pipes to freeze. Some people are more at risk to sustain damages from frozen pipes.

Here are a few examples:

- Prior water main freezing;
- Underground conduit located under a cleared surface (driveway, sidewalk...);
- Property uninhabited for a prolonged period of time;
- Unheated or barely heated utility basement.

If one or more of these conditions apply to your property, please take the necessary precautions to avoid freezing of your water line. In addition, we strongly suggest that you let a trickle of water flow (the size of a pencil) to allow a constant circulation in the pipes.

FAULTY STREET LIGHTS

If you notice a faulty street light within the limits of the Municipality, please call 418 844-1218 and leave the coordinates of the faulty light with the receptionist or leave a message with our answering service. Please note that repairs are carried out every two weeks.



IMPORTANT REMINDER WINTER FENCES AND TEMPORARY SHELTERS

These temporary installations must be removed by April 30th of each year, at the latest.

RESPECT OF PRIVATE PROPERTY

We would like to remind you of the importance of respecting private property. Many



owners often report that strangers or people who have not introduced themselves trespass on private land. Moreover, some of these people show a flagrant lack of civility by throwing trash on the ground or damage the vegetation, trails, fences, etc.

This causes frustrating situations for the owner who often feels wronged and helpless, especially when the property is very large.

We invite all citizens and their guests to show respect towards their neighbors by following these tips:

- Always have the owner's permission before entering another property;
- In the absence of permission, do not trespass on land you do not own;
- Respect your surroundings and nature;
- Having "done this for many years" is no excuse and gives you no right to trespass and can even encourage other people to trespass on a neighbor's property.

SPRING FLOODING - ARE YOU READY? PROTECTIONS, IMMOBILIZATIONS AND JOINT CON-

Flooding can occur in any season, but is more common during spring thaw or following a heavy rainfall. A few simple actions, however, can prevent damage and potential problems.

If a Flood Advisory is Issued

- Move items from the basement or ground floor upstairs.
- Plug sewer drains in the basement.
- Shut off gas and electricity. If the water level has already started to rise in your home, ensure that you stand on a dry surface and use a wooden broom handle to shut off the main power switch.
- Follow news on the radio, television or Internet to find out how a situation is unfolding. Follow safety procedures that are issued.

During a Flood

- Leave your home if the water level forces you out or if authorities order you to leave.
- Bring along your emergency kit, warm clothing and raincoats.

- If you are using a vehicle, drive carefully and do not hesitate to abandon your vehicle if the engine stalls.
- Notify municipal authorities where they can contact you if you do not plan to go to a public shelter.

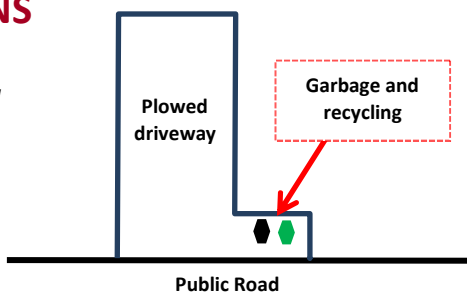
When the Waters Recedes

- Seek advice from an electrician before turning the power back on.
- Seek advice from a professional before turning on your furnace.
- Contact the municipality to find out if the water supply is safe to drink. If in doubt, boil water for five minutes. If your drinking water comes from a well, have it analyzed before using it.
- Discard any food or medicine that has come into contact with water.
- Use boiling water to sterilize kitchen materials and utensils.
- Watch for mould (musty odour, a smell of dirt or alcohol, green or black stains on the floor or walls); it can be a health hazard. If you experience mould-related health problems, consult a physician immediately.
- Use photographs or videotapes to document and inventory water damage to your property. Notify your municipality and insurer of damage. Keep all receipts and proofs of purchase for goods that have been damaged for your claims.

REMINDER ABOUT THE PROPER POSITIONING OF GARBAGE AND RECYCLING BINS

This is a reminder of the importance to place bins inside one's private entrance and not on the roadside. The purpose of doing so is to minimize the chances of accidents and other related troubles when a bin is not located properly. Bad positioning can also affect proper snow removal on public roads.

- The mechanical arm has a max. reach of 8'
- The bin is loaned free of charge to the resident
- The repair cost or replacement of a bin following negligence is billed to the property owner unless the cause of replacement is due to a manufacturing defect or normal wear of the bin.



MESSAGE FROM THE SQ - snowmobilers, use extra caution



With all the snow which has fallen on the province, the Sûreté du Québec wants to remind snowmobilers of certain safety tips.

Each year, snowmobile enthusiasts may end up in dangerous situations or be seriously injured while practicing this activity. That's why it's important to follow the following safety tips:

- travel on marked trails and avoid **bodies of water**, ice conditions in some areas may pose a significant risk to people venturing off the trails;
- avoid going off for a ride alone and always let someone know your planned route;
- drive carefully, especially when crossing a public road;
- keep right at all times;
- respect road signs;
- adjust your speed and your outing according to trail conditions.

Reminder of the regulation:

It is forbidden to travel with a snowmobile on public roads except where permitted by road signs;

The maximum speed allowed is 70 km/h;

Snowmobilers are subject to the same laws as car drivers pertaining with respect to impaired driving ability by drugs, alcohol or a combination of both.

We hope that these few tips will allow you to enjoy this great activity and travel our trails in complete security.



FIRE SAFETY SERVICES - Snow removal in your home's exitways

The winter season brings significant snow accumulations to the province of Quebec. Clearing the snow from main entrances is a frequent and usual activity. However, the secondary exits, the balconies and the exits of our houses are too often forgotten and remain snow-covered. Fire Safety Services wishes to remind you that it is essential to keep the exits of all buildings unobstructed, including those of private residences.

The simple act of clearing the exits (balcony, terrace, exit of the basement) will allow you and your family to securely evacuate the premises if necessary. Remember, doors and windows can get stuck

because of the ice; it is important to keep them functional and in good condition. Always keep access to exits free of obstructions, even inside the residence. In the event of a fire, every second counts and you must have easy and quick access to an exit. A path must also be planned and cleared to allow the whole family to get to your meeting point quickly.

If you do not have an escape plan, prepare one with your children so that everyone is ready in case of fire. Remind them what to do and what exits can be used. During the winter season, it would be a good idea to make an agreement with a neighbor to get warm quickly in case of disaster.

A good evacuation plan, which has been practiced often and is well known to all, combined with functional smoke alarms and exits available in all-weather, is the key to success for an effective fire evacuation.



The Taekwon-Do Club would like to thank all of our citizens for their great generosity during our fundraising event on Saturday, January 6th. The bottle and can drive allowed us to collect \$1900. this year!

Your support will help the Club to better represent us and will continue to bring support to our students and instructors. We would like to remind you also that the Club accepts used uniforms and equipment, they will find a second life with future students. We thank all those near and far who gave toward making this event a success.

SPORTS AND RECREATION - 2018 SPRING PROGRAM

NEW ON-LINE REGISTRATION AND PAYMENT PLATFORM FOR SPORTS AND RECREATION ACTIVITIES

Amilia is an electronic commerce platform especially designed for organizations that offer activities. The platform offers a virtual boutique that allows users to register for courses and activities on a website.

To register for activities offered by the Sports and Recreation Department of the Municipality of Saint-Gabriel-de-Valcartier, you must create a user account on Amilia, by visiting www.amilia.com/en/Signup. During your first connection, you will receive an **activation email**. Click on the link contained in this email to activate your account. Afterwards you will need to choose a password. Once your account has been created, go to www.amilia.com/en by clicking on LOGIN. Enter your email and password and you will be redirected to your new user account.

To register for an activity, you will have to find our On-line Boutique on Amilia, by clicking on 'Find an organization'. Once you have found Municipalité de Saint-Gabriel-de-Valcartier in the list, click on the name and you will be automatically redirected to our On-line Boutique.

PAINTERS GROUP MEETINGS

Are you an artist? Would you like to share your passion and meet other artists? Then, come join us...

When: Wednesdays 9 am to 2 pm

Cost : free

Where: Community Center
(monitors' room downstairs)

Information:

Pamala Hogan Laberge
plaberge@munsgvdc.ca or
418 844-2097



2018 SUMMER PLAY- GROUND AND PLAY- GROUP

Hey! Friends! I hope you're counting on coming to join us at Playground this summer! It will be an unforgettable summer!

The dates for Playground this summer are from June 26th to August 10th and your parents will be able to get you registered from May 1st to May 31st. We will send you more information concerning the theme, the costs, etc. during the month of April through your school. You can also check out the municipal website or the Playground or municipal Facebook pages.

HATHA-YOGA MARILYN PARENT

Take care of your body, it's the only place you can live...Namasté!

When:

Wednesday 9:30 to 10:45 am

Wednesday 7:30 to 8:45 pm

Friday 9:30 to 10:45 am

Cost: \$120 or \$220 (2X/week)

Duration: 10 courses as of April 8th

Where: Complex 1754

INFORMATION | REGISTRATION:

418 844-3916 or

parent_marylin@hotmail.com

STEP

(14 years and older)

Where: Community Centre

When: Mondays 7 to 8 pm

Cost: \$25

Duration: until April 2nd

Instructor: Lise Cauvier

We still have a few spaces available, come join us!



BABYSITTING - Course and training

Kids 11 years and older (or registered in 6th grade) who would like to register for this course should contact Pamala Hogan Laberge 418 844-2097. A course will be offered on March 3rd, 2018. The cost to attend is \$55. **Deadline for registration is: February 23.**



***Possibility of offering a mommy and me group if there is interest**



TAEKWON-DO

April 3 to June 7 Session

| Age | Level | Schedule | Cost |
|----------|--------------|---------------------------|---------|
| 4-5 y/o | Parent-child | Saturday 9:00-9:45 | \$30 |
| 6-8 y/o | Beginner | Saturday 10:00-11:00 | \$40 |
| 9-12 y/o | Beginner | Tuesday 6:15-7:30 | \$47,50 |
| | Intermediate | Tues./Thurs. 6:15-7:30 | \$95 |
| 13+ y/o | Beginner | Tuesday 6:15-7:30 | \$47,50 |
| | Intermediate | Tues./Thurs. 6:15-7:30 | \$95 |
| | Advanced | Tues./Thurs. 7:45-9:00 | \$95 |
| | Black | Tues./Thurs. 7:45-9:00 | \$105 |

(non residents + \$20 , payable 1X/year)

For more information:

Anne-Sophie Desautels

desautelsannesophie@gmail.com

■ Complex 1754 Boulevard Valcartier

■ Centre communautaire



NEW PERSON RESPONSIBLE FOR THE TAEKWON-DO CLUB—Anne-Sophie Desautels

It is with pleasure that we welcome Ms. Desautels, here is a brief summary of her career:

She has been practicing ITF Taekwon-do for 19 years and has over 10 years of experience teaching Taekwon-do and private training. She has trained followers aged between 4 and 80 years old from beginner to elite.



Other interesting facts:

- World vice-champion in 2009 and 2014.
- Canadian coach for the 2016 World Cup.
- Got her 3rd dan black belt in 2016.
- Vice-President of the Regional Taekwon-do Association Mandate 2017-2019.
- Assistant team manager for the 2017 Canadian delegation.

Clientele: 14 years and over

SCHEDULE:

Monday to Thursday

6 am to 9 pm

Friday

6 am to 7 pm

Saturday

8 am to 4 pm

Where:

Complex 1754

PRICE LIST:

1 month : \$30 / person or \$40 / family*

3 months : \$60 / person or \$80 / family*

6 months : \$110 / person or \$140 / family*

1 year : \$200 / person or \$260 / family*

*family: adults and children/students 14 to 25 years of age

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

➡ 50% off (does not apply to session cards)

1 session : \$5 / person

Card for 20 sessions : \$60 / person

Non-residents : \$20 extra

Person responsible : Jean-François April

B. Sc Éducation Physique, Entraîneur spécialisé FCPAQ

Tel. : 418-476-1053 centrephysik@videotron.ca



CLUB ADOS

Opening Hours:

Wednesday 6-9 p.m.

Thursday: 6-9 p.m.

"Smoothies & Studies"

Friday: 6 – 10 p.m.

Saturday 6 – 10 p.m.

Summer hours: Monday – Thursday 6 – 10 p.m.

The Club Ados team are always ready and willing to provide a fun, safe space for our community's teen population (11 – 17 years). We offer a wide variety of activities, and are always open to suggestions, so come take a look!

Thursdays at the Club Ados are now dedicated to "smoothies and studies"! Take advantage of a calm space to get some homework done, and enjoy a fresh, healthy smoothie.

The Club Ados is pleased to announce that we will be renovating our space at the community centre this spring. You are welcome, and encouraged, to sign up to help us out with this big project! This is a wonderful opportunity to get involved and meet other teens at the Club Ados, not to mention help us develop activities that are appealing to you.

Follow us on Facebook: [Clubados Valcartier](#)

Telephone: 418-844-1327



BLACK BEARS SOCCER CLUB SUMMER 2018

Registration period February 23 to March 11



The Saint-Gabriel-de-Valcartier Soccer Club will be welcoming children who want to play again this year. We offer a Timbits class from U-4 to U-7 and the Black Bear teams from U-8 and above only in a recreational class. We hope to see you in large numbers!

Description:

Local level outside soccer, recreational
Categories: U-4 and above

IMPORTANT :

It is possible that certain categories may not be offered if the registration numbers are low. At that time, people registered will be quickly informed.

For U4 to U7 categories, at least one parent

must remain with the child during all practices and soccer games.

WOULD YOU LIKE TO BECOME A COACH?

Each season we need new coaches. Please don't hesitate to contact us for more details and get involved for your child's sake.

WOULD YOUR CHILD LIKE TO REFEREE?

We need referees for this summer. More information will be available from the beginning of March to the end of April. To become a referee your child must be aged 12 before May 1st.

Please contact the Club by E-mail at: soccervalcartier@gmail.com

CHRISTMAS HAMPERS—THANK YOU!

It's incredible to see so many different members of our Community come together with one goal--- to help give a festive Christmas to families in our community who can not afford one. This year, we delivered 21 baskets to families including 32 children. Each basket contained the fixings of a wonderful holiday meal, extra groceries and gifts for the children.

On behalf of those who received a basket, and mostly at their request, thank you to all who helped make this possible. It makes me smile and believe in the magic of Christmas and the spirit of our Community. Thanks, from Pam!

MARIE-ÈVE ROCHETTE TRAINING

MOMMY AND ME TRAINING (0-2 years old)

Move with pleasure and respect of the body following delivery and in the company of baby.

WHEN: Tuesday 9 to 10 am for 8 weeks as of April 24th

COST: \$50

WHERE: Community Center

50 YEARS + TRAINING

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

WHEN : Tuesday 10:30 to 11:30 am for 8 weeks as of April 24th

COST : \$50

WHERE: Community Center

Equipment required for all classes: sneakers, water, towel

INFORMATION : Marie-Ève Rochette, Kinésiologue | 581 995-5580

ZUMBA

Come try out Zumba with this free class open to everyone!

The perfect class to get back in shape. With its simple choreographies in the following styles: salsa, reggaeton, merengue and cumbia, Zumba is an exercise accessible to all.

When: Saturday, March 3rd
from 12 to 2 pm

Where: Complex 1754

Cost : \$10 payable on-site

Info :

Zumba



Laury Fortin 581-305-4511 Saint-Gabriel de Valcartier

lauryfortin1@gmail.com

COURS DE TAI-CHI CHUAN ET QIGONG

OPTION 1

When: Monday from 7:15 to 8:15 pm
Where: Complex 1754 Boulevard Valcartier
Cost: \$180. for 10 weeks beginning April 9th

OPTION 2

When: Sunday from 9 to 11:30 am (April 8 & 22, May 6 & 7, June 10)
Where: Complex 1754 Boulevard Valcartier
Cost: \$150 for 5 classes beginning April 8th
 ON-GOING REGISTRATION ON-SITE OR BY PHONE

FREE CONFERENCE ON TUESDAY, APRIL 3rd, 2018

Conference and demonstration on the advantages of practicing Tai Chi Chuan and Quigong for better health

When: Tuesday, April 3rd
 7:30 to 8:30 pm

Where: Complex 1754

INFO :

André Poulin, graduated from the International Institute of Medical QiGong (É-U), approved by the Henan University of Traditional Chinese Medicine 418 844-2866



AIKIBUDO **NEW** FREE TRIAL!

FOR LIMITED BUDGETS!

Men and women 16 years and over

Come try out an efficient and precise traditional Japanese martial art, based on protections, immobilizations and joint control where there is no competition. The action is based on auto defence. On-going registration on-site, free trial!

When: Mondays from 8 to 9:30 pm
 Wednesdays from 7 to 8:30 pm
Where: Community Centre
Cost: \$40 for one session of 12 weeks 2X /week

Info :

Facebook: Club d'Aïkibudo de Valcartier (@aikibudovalcartier)
 Patrick Beaulieu or Marie-Christine Larouche 418 574-6835
 Danny Dubois 819 817-2364
 Etienne Patenaude 581 984-4193



NEW**

SMALL FOOD BANK FOR TROUBLED TIMES AVAILABLE AT THE ENTRANCE



**TO THE COMMUNITY CENTER.
 TAKE SOME IF YOU NEED / OR
 GIVE GENEROUSLY IF YOU
 HAVE. THANK YOU!**

SESSIONS FOR THE FOLLOWING CLASSES HAVE BEEN EXTENDED

PiYO TUESDAY
 6:30 pm

WEDNESDAY
 7:30 pm

INSANITY
 LIVE!

Turbo THICK THURSDAY 6:30 pm

MONDAY 6 pm

**CORE
 DE
 FORCE**

Complex 1754 Boulevard Valcartier
 Éric Desloges & Manon Brassard
 Follow us on our Facebook page:
 Cours de groupe St-Gabriel de
 Valcartier



SAINT-GABRIEL
- DE -
VALCARTIER

*Together, In the
Heart of Nature.*

1743 Boulevard Valcartier
Saint-Gabriel-de-Valcartier (Québec)
G0A 4S0

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

Website
**WWW.SAINT-GABRIEL-
DE-VALCARTIER.CA**



2017 summary of the salmon upstream migration on the Jacques-Cartier River

Winter is now well established and a new spawning season has just ended for the Atlantic salmon that returned to the Jacques-Cartier River during the summer. The Corporation du bassin de la Jacques-Cartier (CBJC) has positive results regarding the migration season.

The 2017 season was already well underway with the reopening of the Cap-Santé migratory pass, which had been unusable since the breakage of the Donnacona dam in 2014. The dam construction completed, the migratory pass and the facilities specifically designed to capture salmon in a safe manner and with minimum manipulation are again in function. The site was closed to the public this past season, but the CBJC hopes to open it again in 2018 in collaboration with the city of Cap-Santé and Algonquin.

The final results confirm our assessment of early August. In all, 250 spawning-phase adults and 142 grilse (392 total) were transported to optimum breeding sites between Shannon and the Jacques Cartier National Park.

For more information, please visit www.cbjc.org or contact us by phone at 1-888-875-1120 or by email at info@bjc.org.



PRESENTATION AND TRIBUTE TO MAÎTRE SOUCY

During the last municipal council meeting, the municipality of Saint-Gabriel-de-Valcartier paid tribute to Mr. Rock Soucy. The Mayor, Councillors, employees as well as citizens of the Municipality wished to thank Mr. Soucy warmly for his 22 years involvement with the organization. A key to the Municipality was awarded to him as an honorary citizen to emphasize his involvement in the community.



6TH INTERNATIONAL VALCARTIER DOG SLED RACES AND RESIDENTS' DAY

Village Vacances Valcartier is organizing its 6th International Dog Sled races next March 17th and 18th. This event which is gaining in popularity will see this year more than 150 competitors take the start.

Just like last year, a race for children will be held on March 18th, same day as the long-awaited **residents' day**. This year, upon proof of residency, in addition to free admission to see the races, you can purchase a Rafting Passport ticket at a **discounted price of \$ 12.**

