

SAINT • GABRIEL
• DE •
VALCARTIER

Volume 10 | Issue 2

February 2017

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**MUNICIPAL OFFICES
CLOSED FOR THE
EASTER HOLIDAY**

**FRIDAY,
APRIL 14
AND
MONDAY,
APRIL 17**



**On March 12th,
don't forget to
change your clocks
(spring forward)
check your smoke
detectors and
change the
batteries.**



THE INDISPENSABLE NEWS BULETIN



A WORD FROM THE MAYOR

We are well into our winter season but the days are slowly getting longer letting us know that Spring will be upon us before we realize it.

This is also the time of year your Municipal Council finalizes the budget for 2017. On January 30th, after many committee meetings between members of council with staff members to analyze our services, needs and capital projects, I am happy to announce that a balanced budget of \$6 270 409 was adopted by the Municipal Council. Furthermore, I am proud to say we will maintain our General Land Tax rate at \$.0034 / \$100 of evaluation.

Among the notable projects for this year are road works between

des Plateaux Street and 5th Avenue on Redmond Road as well as repaving Valcartier Boulevard between Village Vacances Valcartier and the Catholic Church. A study to improve security through the centre of the village is also planned. Phase one of the Parc des Plateaux will commence in the Spring with landscaping and fencing to accommodate the playground equipment for a total budget of \$80,000. A new skate park is planned and lighting for the path from the Community Centre to the Community Housing as well.

On January 13th, we were sorry to say goodbye to our municipal inspector, Mr. François-Michel Hardy who has left us to take up a new challenge in Saint-Augustin-de-Desmaures. After almost ten years of loyal service

we will miss him but wish him all the best in his future career! A replacement will be hired in the coming weeks.

Lastly, I would like to remind everyone Public Safety Canada advises that if an emergency happens, you should be prepared to take care of yourself and your family for a minimum period of 72 hours. With spring and possibly spring floods just around the bend, we thought we might publish some information (page 6) on what you should do during a flood. You can also come by the town hall for a guide to create your own emergency plan and 72-hour emergency kit.

With this being said, I wish all of you a happy St-Valentine's Day and a sunny Easter weekend.

Brent Montgomery, Mayor

PLEASE KEEP THIS DOCUMENT AS A REFERENCE UNTIL MAY 2017

MUNICIPAL SEPTIC WASTE COLLECTION SUMMER | FALL 2017

IMPORTANT INFORMATION:

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

Since 2007, the Municipality has been responsible for the emptying of septic tanks on its territory. Note that this service is offered by the Municipality without additional costs under certain conditions. In conformity with the current provincial By-Law on the matter (Q-2, r.22), a septic tank used year-round must be emptied every 2 years and every 4 years for a septic tank used on a seasonal basis.

2015 Rates

**2017 rates will be available shortly following the call for tenders *.*

2015 Rates	
Pumping during period of operation	0\$
Pumping during period of operation requiring a second visit <i>Ex : Tank covers not cleared, inaccessible tank, etc.</i>	\$57.50+tx
Pumping outside period of operation <i>Septic tanks 4.8m³ max.</i>	\$136+tx

A regular septic waste collection, combined with a quality construction of your septic system and proper maintenance, will maximize its useful life and protect your investment.

See the following website for the *Guide des bonnes pratiques* of the *Ministère de l'Environnement* (information available in French only)

<http://www.mddelcc.gouv.qc.ca/eau/eaux-usees/Guide-bonnes-pratiques-proprio-dispositifs.pdf>

<http://www.mddelcc.gouv.qc.ca/eau/eaux-usees/residences-isolees.htm>

Your duty as the owner:

- Watch for the information provided by the Municipality;
- Clear the perimeter (5cm) and depth of the 2 septic covers;
- Ensure that the operator's path is cleared of any obstacles;
- Be aware of the specifications and maintenance of your septic system to avoid any breakage that is beyond the control of the operator. You are solely responsible for this. (e.g.: pump to be unplugged, particular characteristics of some systems such as BIONEST, ECOFLO);
- Tank with pre-filter: take advantage of the septic pumping to clean your pre-filter which is usually inside the tank. A pre-filter should be cleaned twice per year or as needed;
- Contact the Municipality if you have any concerns regarding your property. Due to the number of tanks to drain, a specific schedule is established and no accommodation is possible for the dates tanks. You will be notified in case of delays.

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 2014, 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.

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.



VOLUNTARY CONSERVATION OF WETLANDS ON PRIVATE LANDS IN THE STONEHAM-ET-TEWKESBURY AND SAINT-GABRIEL-DE-VALCARTIER TERRITORIES

During the 2016 summer season, the *Corporation du bassin de la Jacques-Cartier* (CBJC) visited 17 wetlands at 14 different properties located in the Stoneham-et-Tewkesbury and Saint-Gabriel-de-Valcartier territories. In total, the wetlands visited cover 163 hectares and have, on average, a high ecological value. This value reflects their good conservation and good connectivity with other surrounding natural environments (forest, water courses, etc.).



The visited properties were not selected haphazardly: they are situated within the ecological corridor. This corridor, defined in 2014 through another CBJC project, connects the Jacques-Cartier National Park to the Tantaré ecological reserve. The objective of the voluntary conservation project is to protect wetlands within this corridor, allowing to maintain an ecological connection and safeguard sensitive habitats between the two protected areas. In fact, marshes, swamps and wooded peatlands are habitats of choice for several species, including moose, great blue heron and a wide variety of wild orchids.

The information gathered in the field was transmitted to each of the owners through a notebook describing the environment.

This notebook includes a map with the location of the wetland, as well as information about the plant and animal species found there. The owners were then invited to sign a voluntary conservation agreement. Several signed the conservation declaration of intent confirming their willingness to conserve wetlands situated on their properties. For more information, or if interested in participating in the conservation of a wetland on your property, go to www.cbjc.org or we can be reached at 418-875-1120.

IMPORTANT REMINDER

WINTER FENCES AND TEMPORARY SHELTERS

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

DOG LICENSES

Please remember that according to municipal by-law, you must obtain a valid license for your dog (s) during the month of January of each year. If you haven't already done so, please take the time to come register your dog (s) and get a new tag.



2017 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 immovable, 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, 2017**. The **second payment**, if applicable, is due by **July 1st, 2017**. The **third and final payment**, if applicable, is due on **September 1st, 2017**.

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. Please note that this number has changed for everyone, see note below.



IMPORTANT

In order to comply with the new requirements of the Ministry of municipal affairs, all assessment roll numbers underwent a modification.

Please take note of this change for your personal records as well as for all future requests concerning your property.

Also, 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.

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 general 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.



MUNICIPAL BY-LAW

It is forbidden to park any vehicle on the street or shoulder from

**NOV. 1st
TO APRIL 1st**

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?

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

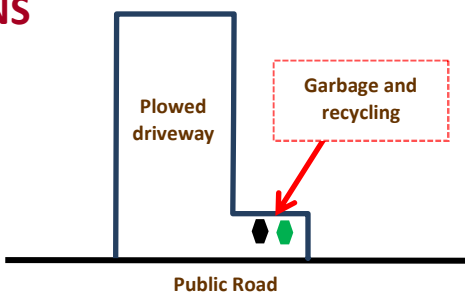
- Seek advice from an electrician before turning the power back on.
- Seek advice from a professional before turning on your furnace.
- Contact the municipality to find out if the water supply is safe to drink. If in doubt, boil water for five minutes. If your drinking water comes from a well, have it 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 - ANNUAL ROAD SAFETY RECORD

The Sûreté du Québec revealed today that, according to preliminary data from its annual road safety record for 2016, the number of fatal collisions is down on the territory it serves. In fact, 240 collisions occurred compared to 244 in 2015, which represents a decrease of 1,6 % for fatal collisions and a reduction of 5% on the number of deaths, and this in spite of the constant increase year after year of the number of registered vehicles.

Furthermore, the number of road victims aged between 16 and 24 years old registered once again, a decrease this year going from 43 victims in 2015 to 40 in 2016. The annual average between 2011 and 2015 was of 70 victims.

2016 ANNUAL ROAD SAFETY RECORD HIGHLIGHTS

Excessive speed and dangerous driving are still the most frequent cause of fatal collisions. In 2016, 83 fatal collisions were attributed to these reckless behaviors, which represents 35% of the total of fatal collisions from the past year.

Other causes contributing to these fatal collisions :

Close to 19 % of collisions are attributable to impaired driving, drugs, or a combination of the two, as well as fatigue. This represents 45 fatal collisions which could have been easily avoided.

The wearing of seatbelts, a simple gesture which can save lives

The non-use of seatbelts was found in 46 victims, representing 18% of people who lost their lives in road crashes.

Studies show that wearing a seatbelt reduces the risks of serious injury or even death during a crash by 50%. This simple gesture could have probably saved, all on its own, about twenty lives last year.

Crashes involving motorcycles

Motorcyclists remain over represented in 2016 fatal crashes.

Analysis of the past five years indicates an average of 33 collisions per year. In 2016, 39 fatal crashes were recorded compared to 41 in 2015. Although these users represent a small percentage of license holders, they are involved in 16.3% of fatal collisions in 2016.

The SQ continues its efforts to improve the road safety record.

Since 2011, the Sûreté put in place a program called ÉPIC aimed at countering the risky behaviors of motorists by focusing on four axes: education, prevention, intervention and communication. For example, operation GRIFF aimed at preventing fatal collisions by modulating the behavior of users during climate changes.

The Sûreté du Québec police officers, in collaboration with their partners, will continue with their partners, the implementation of numerous prevention and awareness-raising actions, in addition to current interventions, in order to improve road safety.

Road safety, it's everyone's business

Even if the Sûreté continues its efforts to improve the road safety record, this work cannot be done without the collaboration of its partners and that of road users. The primary cause of collisions remains the person behind the wheel. Drivers must adopt appropriate and courteous behaviors, making Quebec roads safer for all users.



FIRE SAFETY SERVICES - ADVICE



Each year, an average of 140 building fires are caused by the improper storing of hot ashes. Statistics show that in most cases, the container used was inappropriate or the storing method was inadequate. This heat source is one of the top 10 sources of heat identified by firefighters in researching the causes and circumstances of fires.



BALADI ÉNERGIE BEGINNER 1



Baladi is a dance from the Middle-East which emphasizes isolation of the body's muscles. Contrary to popular belief baladi is not strictly reserved for cabarets, it is also a way to get back in shape developed especially for women. Founded in 2011, Baladi Énergie Offers you an activity based on the pleasure of living the dance, the harmony of the movements and the health of the body. To improve your coordination, your flexibility, your balance and your femininity, come and dance with us!

Equipment sugg.:

Comfortable clothes ; water bottle; floor mat; scarf (to tie around the hips)

When: Tuesday night 8 to 9 pm
Where: 1748 Boul. Valcartier, VUS (English elementary school) enter by the side door

Duration: April 11 to May 30 (8 weeks)

Cost : \$105 payable to Joëlle

Prerequisite: 16 years and over

Minimum: 6 participants

To sign up, contact: Joëlle Durand
 info@dantermouvements.com
 418-977-1256

STEP

(for 14 years and older)

Where: Community Center

When: Monday

Schedule: 7 to 8 p.m.

Duration: until April 3rd

Cost: \$25

Instructor : Lise Cauvier

There are still some places left, come and join us!



CLUB ADOS



Regular hours:

Thursdays 6 to 9 p.m.

Fridays 6:30 to 10 p.m.

Saturdays 2 to 10 p.m.

Please take note that opening hours may vary in the summer time, for special activities or on school holidays. (The entrance for Club Ados is right beside the ball field.)

Telephone : 418 844-1327

Follow us on Facebook:

Clubados Valcartier



2017 SUMMER PLAYGROUND AND PLAYGROUP PROGRAM

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 11th 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.

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 9th, 2017. The cost to attend is \$55.



WINE & PAINT NIGHTS

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: March 6th and April 11th from 6 :30 to 9 :30 pm

Where: Community Center
Cost: \$30

What's included :

Supplies, glass of wine

Go home with a completed canvas.

Registration: 418-844-2097

No experience required!

HOT CHOCOLATE AND PAINT MATINÉE

A matinée of art and creativity for children aged 6 to 12 years old. Beginner or experienced, come paint with a group and learn new painting techniques. The matinée will be animated by Véronique Asselin, an artist and teacher from Shannon.

When: March 8

9:30– 12:00 noon.



Where: Community Center

Cost: \$20

What's included:

Material, beverage

Go home with a completed canvas.



Registration: 418-844-2097

No experience required!

TAEKWON-DO**Clientele:** Adults and children 7+**Where:** Community Center**Schedule:** Tuesday and Thursday from April 4th to June 8th

6:15 to 7:30 and 7:30 to 8:45 p.m.

Cost: \$95 (color belts) \$105 (black belts)
+ \$20 (non-residents payable once a year)**Please note that registrations are limited. First come, first registered!**

We invite parents to sign up with their child.

For information contact Rock Soucy at **418 575-8904**.**HATHA YOGA****Everyone can practise yoga!****Atmosphere of trust and respect****Union - Awareness - Passion - Calm**

Hatha yoga is the most widely practiced form of yoga in America. It is one of the branches of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama) and meditation (dhyana) to create a healthy body, and a clear peaceful mind. There are nearly 200 positions. There are hundreds of variations that help us relax our spine, promote circulation in all organs, glands and tissues. Hatha yoga postures also stretch and align the body promoting balance and mobility.

The benefits of yoga

Tools to better manage stress, calm the mind, help with concentration, acquire better mobility of the body, increase strength and balance, tone the body, improves lung capacity.

What to bring to class:

A yoga mat, a cushion, a blanket or towel, comfortable clothes, a water bottle, **compassion for yourself!**

For more information, you can contact Cynthia Carrier at 418-878-1572 or by email yogicynhatha@gmail.com. You may also visit my website at www.yogicyn.com. **Namasté!**

Cost: \$100 for 10 classes (payable to teacher)**Schedule:** **March 30th to June 1st****Thursday** 10:00 to 11:00 am (chair yoga)**Registration:** 418-844-1218 ou plaberge@munsgdv.ca**Clientele :** 14 years +**SCHEDULE :****Monday to Friday**

6 a.m. to 1 p.m.

Monday to Thursday

3 to 8:30 p.m.

Friday

3 to 6:30 p.m.

Saturday

7 a.m. to 12 p.m.

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: 2 adults & children (students aged 14 to 25)

Students (14 to 25), volunteers, persons 50+ :

➔ 50% off (except card and session prices)

1 session: \$5 /person**Card 20 sessions:** \$60 /person**Non residents:** \$20 extra**Person Responsible:**

Jean-François April

B. Sc Physical Education, Coach expert FCPAQ

Tel. 418-844-1218 ext. 233 centrephysik@videotron.ca**PAINTING AND DRAWING CLASS FOR ADULTS**

This course is designed for beginner or more experienced students in drawing and oil or acrylic painting. To learn the basic techniques, certain exercises will be suggested at the first course for those interested. The pace and needs of each will be considered. Thus, students can create personal pieces according the subject of their



choice. The teacher will provide a list of painting equipment to buy at the first class. The drawing equipment will be loaned. The only prerequisites for the first course are a smile and motivation. If you have any questions about the course, please contact the teacher.

Véronique Asselin, Artist and arts teacher.

418-844-7031

Duration : until April 5th**Schedule :** Every Wednesday from 9 am to 12 noon**Where :** Community Center**Cost :** to be worked out with the teacher

Minimum of 5 participants, maximum of 9.

BLACK BEARS SOCCER CLUB SUMMER 2017

Registration period February 20 to March 10

Again this year the Valcartier soccer Club will be welcoming children who want to play soccer. We will offer the Timbits levels U-4 to U-7 and Black Bear teams for U-8 and above, only in the recreational category. Competitive soccer will not be available this season. The registration period is from **February 20th to March 10th, 2017** with the Municipality. We look forward to having lots of participants!

Description:

Outdoor recreational soccer, local level
Categories: U-4 to U-12

DOB: 2005 to 2013

There is a possibility that certain categories might not be offered. If this is the case, we will rapidly advise registrants.

Please note that for U4 to U7 categories, at least one parent must be present with the child at each and every game and practice.

To register, please fill out the form that you will receive through the mail or download one from the municipal website and send by mail or deposit at the Municipality before March 10th.



OASIS 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 22 baskets to families including 35 children and 39 adults. 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!



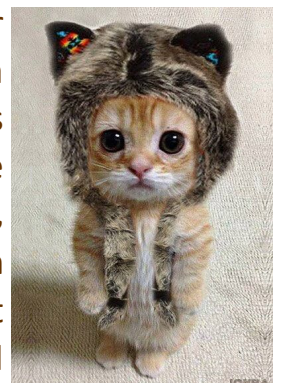
THANK YOU!

The Taekwon-Do Club would like to thank all of our citizens for their great generosity during our fundraising event on Saturday, January 7th. The bottle and can drive allowed us to collect \$1995.00 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.

FAMILY SKATE NIGHT

Decorate your helmet or put on a funny hat for this family activity to be held on **Wednesday, February 15th 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 22 in case of bad weather.



LIBRARY SCHEDULE

	Open	Closed
Monday	2 p.m.	4:30 p.m.
Tuesday	10 a.m.	12 p.m.
Tuesday	4:30 p.m.	8:30 p.m.
Wednesday	6:30 p.m.	8:30 p.m.
Saturday	2 p.m.	4 p.m.

Visit our Library on the Internet:

www.reseaubibliodukebec.qc.ca/saint-gabriel

EASTER AT THE LIBRARY

Friday, March 14th, 6:30 - 7:30 pm

Stories, songs, treats and an Easter Egg Hunt!

Activity for 3 to 7 year olds



THE SESSIONS FOR THE FOLLOWING CLASSES HAVE BEEN EXTENDED

PIYO

TUESDAYS 6:30-7:30 PM

ÉCOLE JOLI-BOIS

UNTIL APRIL 18

INSANITY

LIVE!

WEDNESDAYS 7-8 PM

COMMUNITY CENTER

UNTIL APRIL 19

TURBO TRICK

THURSDAYS 6:30-7:30 PM

ÉCOLE JOLI-BOIS

UNTIL APRIL 20

Price: \$9 / class or \$70 / 10 classes

Éric Desloges & Manon Brassard

Défi CHÂTEAU DE NEIGE

DU 8 JANVIER AU 12 MARS 2017

ICE CASTLE CHALLENGE

From January 8th to March 12th, build a castle and send a photo to www.defichateaudeneige.com for a chance to win several prizes!

Une initiative de : **mobilisation**
régionale et locale sur les saines habitudes de vie, le poids et la santé
de la Capitale-Nationale

RSEQ
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CATSHALAC HUNTING AND FISHING ASSOCIATION

Ice fishing at Duchesnay as of January

The Catshalac hunting and fishing association whose name is derived from Ste-Catherine, Shannon, Fossambault-sur-le-Lac and Lac St-Joseph, will be offering ice fishing as of January 28th, 2017 for the 19th consecutive year.

This family activity is free for children aged 17 and under and is held with the special permission of the MFFP within the unique decor of the Duchesnay Bay. This event is run by volunteers and is offered to the general public from all regions of Quebec. It offers everyone, children, parents, grandparents, student classes the opportunity to harvest speckled trout (brook trout) which are seeded every week

For the first time this year the Ministry of MFFP will finance 2/3 of the weekly seeding which could possibly be doubled to multiply the success rate of this activity. Equipment and bait is available for rent at low cost on-site at the Pavillon L'Aigle and a temporary fishing permit is for sale if you have not purchased one in 2016. You can bring your lunch as well as a tent with heater if you feel like it but the majority make it a day of outdoor activities and warm up in the pavilion when needed. This is a great outdoor activity day where, next to seasoned fishermen we find beginners willing to benefit from the advice of the volunteers on the lake.

The activity which will continue until March 12th, is held every day (7/7) from 9 am to 4 pm. It costs \$15 per adult and is free for children aged 17 or under.

<http://www.catshalac.com/peche-blanche.html>

Fly fishing school

For those who would like to discover the marvellous sport of fly fishing which, incidentally, becomes an art when you take to it, the Association will offer again this year a 15 hour course which tackles all topics:

- main equipment including the cane (with tryouts to see which suits you best), reel and silk;
- different useful knots;
- casting on the *Station Duchesnay* beach;
- different species of flies that constitute 80% of the trout's diet;

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER

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



- reading lakes and rivers and finally;
- useful accessories and gadgets.

Two lunches, including brunch at the *Auberge Duchesnay* on Sunday are included in the price of \$195 per adult and \$75 for 17 years and under. Please do not hesitate to contact us at 581-984-1902 or visit our Website: <http://www.catshalac.com/ecole-peche-a-la-mouche.html> if you have any questions. See "Pêche à la mouche" under the "Activités" tab for the printable registration form.

ST-PATRICK'S DAY PARADE 8th edition



Le 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 25th beginning at 1:30 p.m.

