



Volume 10 | Issue 1  
DECEMBER 2016

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PLEASE TAKE NOTE  
THAT THE  
MUNICIPAL OFFICE  
WILL BE CLOSED FOR  
THE HOLIDAYS FROM  
MONDAY,  
DECEMBER 26<sup>TH</sup> TO  
WEDNESDAY,  
JANUARY 4<sup>TH</sup>

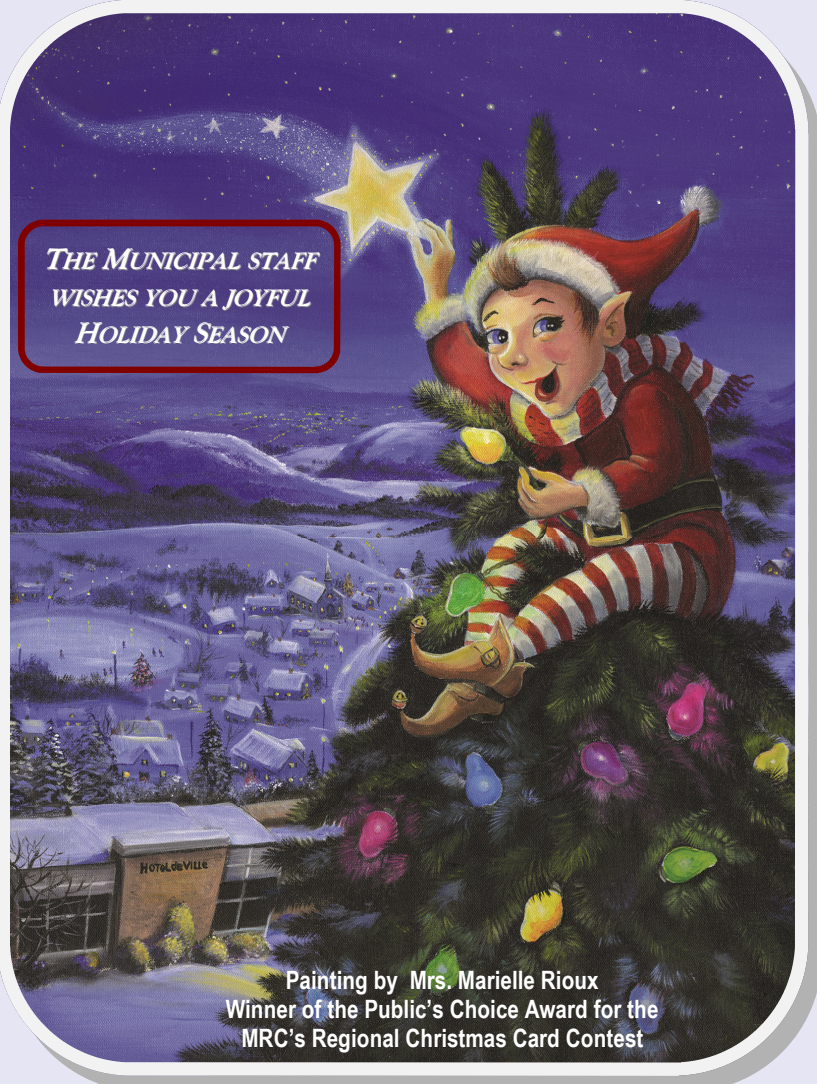
CHRISTMAS  
TREE LIGHTING  
FESTIVITIES  
DECEMBER 18<sup>TH</sup>  
Invitation and  
activities on  
page 2

## THE MAYOR'S WORD

Once again the Winter Season is upon us and Christmas will soon be here. Looking back at 2016 several of our projects came to fruition. Certainly the 200<sup>th</sup> Anniversary of the Settlement Days was a great success. The participation of our citizens was a joy to behold and the presence of "John Neilson" and "Alexander Wolff" was a special touch throughout the year. Bravo to all the organizers for a job well done.

The new entrance to the Community Center was completed and the Architecture blends in well with our existing structures. The MRC's Christmas card contest winners were revealed at an award night last November 10<sup>th</sup> right here in our own Community Center. The children's art representing Saint-Gabriel-de-Valcartier was exhibited in our municipal library for two weeks after the awards. Over 200 entries were received this year and it was a pleasure to learn that one of our residents, Marielle Rioux, won the "Coup de Coeur"

THE MUNICIPAL STAFF  
WISHES YOU A JOYFUL  
HOLIDAY SEASON



Painting by Mrs. Marielle Rioux  
Winner of the Public's Choice Award for the  
MRC's Regional Christmas Card Contest

prize for her painting pictured above. Congratulations Marielle!

Our new and improved web site should be up and going by the month of January. You will find lots of helpful information concerning the Municipality. Be sure to take a look.

This year marks the 20<sup>th</sup> Anniversary of the Taekwondo Club. Thank you to Maître Rock Soucy for his implication towards the Club throughout

those years.

In closing we were very saddened to hear of the sudden passing of Guy Drouin the Founder of Village Vacances Valcartier. On behalf of the citizens we offer our most sincere condolences to the entire family. He will be missed.

Wishing everyone a very Merry Christmas Season to all and a Happy New Year!

*Brent Montgomery, Mayor*



# ANNUAL CHRISTMAS TREE LIGHTING FESTIVITIES

## SUNDAY, DECEMBER 18

*The Municipality and its volunteers would like to invite you to our annual Christmas Tree Lighting. It's a time for welcoming families home and kicking off traditional celebrations. This annual winter event inspires unity and togetherness within the community.*



### SCHEDULE

11 am to 4 pm

#### FAMILY SCRIMMAGE HOCKEY AND SKATING

Find your skates! These free activities are open to all residents and their families. Dress warmly for these activities. Free hot chocolate available inside to warm you up!

11:30 am to 4 pm

#### ELF HUNT

Come participate in this animated hunt. Remember to dress warmly.

12 to 4 pm

**Outdoor activities:** skating, bounce houses, hot chocolate

**Indoor activities:** dance show, crafts, free soup (bring your lunch to make a meal of it), face painting, cotton candy and more!

2 to 2:45 pm

#### HIP-HOP DANCE SHOW

3 pm

#### Santa's Arrival!

4:15 pm

Our Mayor will flip the switch to light our community Christmas Tree, welcoming all visitors home and wishing all residents a very Merry Christmas and happy Holiday Season. Health and happiness to all!

But first, a few Christmas carols.

This activity could not take place without our churches, library, schools, Fire Safety Services, Golden Age, Club Ados and sports committee volunteers! Without their support year after year, these community events would not be possible. A very special thanks to all.



### CONTEST

#### GINGERBREAD HOUSE MAKING COMPETITION

CONTEST RULES ARE AVAILABLE  
ON OUR WEBSITE:

[www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)

Don't forget to wear something Christmasy to participate in our contest and win fabulous prizes!



## CHRISTMAS STORY TIME AT THE LIBRARY

Begin your Christmas festivities at the Library on **Friday, December 16th from 6:30 to 7:30 pm.**

We'll have Christmas stories, songs, treats and a special craft project. Don't forget to wear your pajamas and bring your favorite stuffed toy (teddy) and blanky. Remember that Santa Claus will be at the Community Center on Sunday, December 18th, so write him a letter and bring it with you to the Library and we'll make sure he receives it!



## MUNICIPAL LIBRARY

**418 844-4040**

*There was a book exchange  
in November.*

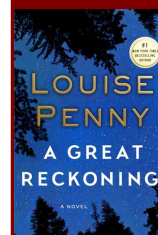
*Come see what's new!  
Membership is free.*

### Opening hours

Monday: 2:00 - 4:30 pm  
Tuesday: 10:00 - 12:00  
and 4:30 - 8:30 pm  
Wednesday: 6:30 - 8:30 pm  
Saturday: 2:00 - 4:00 pm

*The Library will be closed  
during the Holidays from  
December 24 to January 4  
inclusively.*

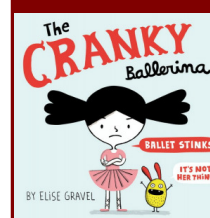
## MUST READS



**ADULT:**  
*A Great Reckoning*  
- Louise Penny

**YOUNG  
ADULT:**  
*Every Hidden  
Thing*

- Kenneth Oppel



**CHILDREN:**  
*The Cranky  
Ballerina*  
- Elise Gravel

## CHRISTMAS COCKTAIL FOR MUNICIPAL EMPLOYEES AND VOLUNTEERS

An event much awaited and well attended, the Christmas cocktail hosted by the municipal council for the employees and volunteers of the Municipality was held on December 1st at the Community Center. During the evening the Mayor and municipal Council offered thanks to the municipal employees, and above all, to the many volunteers who proudly work together throughout the year to enhance the services of our beautiful Municipality so that it truly reflects the image of its citizens. The Mayor also wanted to thank the Fire Safety Services, the Sports and Recreation Committee and the Urbanism Consulting Committee.



## OASIS CHRISTMAS HAMPERS CAMPAIGN

Oasis is an organization that was created to help those less fortunate in our community by distributing food hampers so that they may have a joyful Christmas Season.

If you know of a family that would need our help or if you are in need, please let us know before December 16th so that we can ensure that all those in need may benefit from this service. Please note that food hampers will be distributed on December 23rd and that your non-perishable food or monetary donations should be made before this date. Tax receipts can be issued upon

request.

Deposit your donations between **November 28th and December 22nd** at the Municipal office, one of the two elementary schools, at the Grandeur Nature Daycare Center or the Vallée Jeunesse Daycare Center.

**Here are a few suggestions for needed items:** canned goods (fruit, vegetables, soup, tuna, salmon, meat, poultry), dry pasta, rice, flour, cereal, condiments (ketchup, mayonnaise, mustard), coffee and tea, Jell-O, pudding, muffins, cookie and cake mixes, boxed juices and canned or boxed milk. Please note that



homemade items cannot be accepted. Please give generously. All calls and donations remain confidential. Thank you!

**For more information:**  
Pamala Hogan Laberge at  
**418 844-2097 (daytime)**

## WINTER STREET PARKING

*In order to avoid any inconvenience during the winter season, the Municipality would like to remind you of a few regulations that may help the snow removal process.*

### By-Law No. 120

#### **Article 8.1 : Parking of Vehicles on Public Roads**

##### ***We would like to remind you that:***

“Except in cases of major breakdowns, no one may park, abandon, or immobilize a motor vehicle in such a way that it may hide signage, impede traffic, road maintenance or snow removal or block access to a street or property.” (Under penalty of law).

#### **Article 11.1 : Nuisance**

In addition to a penalty of law (fine) the police or any person mandated by the municipal council may order the removal of any vehicle parked in such a way that it may impede traffic, road works, including road maintenances or snow removal; and may therefore order the towing of this vehicle.

#### **Article 12 : Fine**

All infractions to the present by-law renders the offender liable to pay a minimum fine of \$30.00 plus costs.



## THE REUSE DIRECTORY

### **A smart choice for smart people!**

The Communauté métropolitaine de Québec (CMQ) is getting equipped to encourage sharing economy on its territory by making available an updated version of its *Reuse directory (French version only)*. Highly efficient, this online tool can be consulted on smartphones as well as on tablets or traditional screens.

This *Directory* lists more than 350 places where it is possible to dispose of objects or recyclable materials. Or even where to find things in good working order at low prices. A smart choice for smart people!

Thanks to the collaboration of the City of Quebec and the Côte-de-Beaupré, La Jacques-Cartier and Île-d'Orléans MRC's, each home will receive a pamphlet promoting this new tool. Pamphlets will also be



available at several public

locations (municipal offices or boroughs, libraries, cegeps, universities, etc.). Using social media and local municipal newspapers will also help the CMQ promote this on-line tool. For more information follow #BottinDuRéemploi on social media.

By encouraging reuse, the CMQ also wants to contribute to reaching the goal set in its *Plan métropolitain de gestion des matières résiduelles 2016-2021*. The *Directory* can be found at [www.bottindureemploi.com](http://www.bottindureemploi.com). Anyone wishing to make known a new place for drop-offs or place to buy used goods can contact the CMQ at 418 641-6250, extension 1211 or write to [pmgmr@cmquebec.qc.ca](mailto:pmgmr@cmquebec.qc.ca).

## POWER OUTAGES AND EMERGENCIES

NATURE DOES NOT FORGIVE! As we all saw on December 1st, no one is sheltered from disaster striking. The Ministry of Public Security suggests that we should be prepared to take care of ourselves and our family for a minimum of 72 hours. The situation we encountered at the beginning of the month is certainly not typical, but the Municipality would like to remind you that when such a situation occurs, we are at the service of our

citizens and fully prepared to help the population, whether to provide hot drinks, or a warm environment or to heat up some meals. We can also provide some shower facilities for a moderate number of people.

Nobody wants to have to experience these situations but together we can all help each other and that's what our citizens showed us during this last occasion. Some of you brought

water or supplies to the most needy, while others opened their doors and homes to their neighbors.

Some even offered to transport neighbours who would need it in case of an evacuation.

Bravo! This only proves once again that we are all « Together, in the heart of Nature ». A very appropriate motto for our community.



## MUNICIPAL SNOW REMOVAL POLICY

All local roads within the Municipality (except 5th Avenue and Boulevard Valcartier) are treated as follows:

The roads are cleared so as to maintain snow packed driving lanes treated with an abrasive (sand) at critical areas only.

Critical areas are sectors requiring special attention such as curbs, hills, intersections, bridges or any other section of road which might present special conditions.



## SNOW REMOVAL

The following telephone numbers can be of use if you have any questions or comments pertaining to snow removal on regional roads:

Ministry of Transportation (MTQ) : **418 643-6903**

Boulevard Valcartier: from no 1600 to 1860

5th Avenue: up to the Tewkesbury limit

For all other roads within the Municipality:

**418 844-1218** or after business hours: **418 844-0911**

## GET A GRIP!

Install winter tires

before December 15<sup>th</sup>



Transports  
Québec



## A FREE SERVICE

in energy efficiency for low-income households

Are you a homeowner or tenant?

Receive a **FREE** at-home\* consultation with an advisor

CONTACT US:

**418-523-5595**

**1 866 266-0008**

**econologis.gouv.qc.ca**

### Concrete measures\*:

- Caulking and weatherstripping windows
- Installing weatherstripping around doors
- Insulating electrical outlets or outside walls
- Installing low-flow showerheads
- Installing aerators on watertaps

\*Certain conditions apply. Éconologis is a seasonal program from the Ministry of Energy and Natural Resources



R.B.Q.: 5650-4301-01



If you're looking for the *Entraide diabétique du Québec's* used clothing drop box behind the *Dépanneur du Village*, look no further than at the town Hall...It has been relocated to 1745 Boulevard Valcartier between the Fire Hall and municipal warehouse.



**DID YOU KNOW...THAT MUNICIPAL BY-LAWS FOR THE WINTER SEASON (SNOW SHELTERS, SNOW FENCES, STREET PARKING) CAN BE FOUND ON OUR WEBSITE? VISIT US AT [WWW.SAINT-GABRIEL-DE-VALCARTIER.CA](http://WWW.SAINT-GABRIEL-DE-VALCARTIER.CA)**

## POSITIONING OF ROLLING BINS

The positioning of rolling bins on the day of garbage /recycling collection often poses a problem for snow removal contractors affecting their ability to properly carry out their task.

Here are a few recommendations that should help facilitate garbage and recycling collection: We remind you that bins

should be placed in your driveway, not on the shoulder of the road and should be at a distance of 1 meter from the public road. Leave a distance of 2 feet (0,6 meters) between bins and any other objects (mailboxes, trees, winter shelters, fences, markers for snow removal) to facilitate the use of the truck's mechanical arm.

You can place your bins at the end of your driveway the night before collection or before 7:00 a.m. the morning of. Never place any materials on bin covers. Bin wheels and handles should be facing the residence. You must put away your bins once the collection has been completed.



## NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

During the winter season, collection of bulk waste is held once monthly, therefore on December 1st, January 5th, February 2nd and March 2nd. We would like to remind you that you must call the Municipality 418 844-1218 to register for this service. You may also register on the Municipality's website under the «Online Request» section.



## ANNUAL BOTTLE AND CAN DRIVE



The Saint-Gabriel-de-Valcartier Taekwon-Do Club will hold its annual bottle and can drive on **Saturday, January 7th, 2017**

starting at 9:00 a.m. If you would like to donate refundable bottles or cans, you may leave them at the end of your driveway or on your porch and Club members will pick them up during the day. For our volunteers' security, please keep your dogs on a leash that day. Please note that cash donations are accepted and also greatly appreciated if you do not have bottles or cans. All proceeds will go to the Club to help defray training and competition costs. Thank you for your contribution!



## MÉDAILLES POUR CHIENS



### PETIT RAPPEL

LES MÉDAILLES DE LA MUNICIPALITÉ SONT VALIDES DE JANVIER À DÉCEMBRE DE CHAQUE ANNÉE.

PROCUREZ-VOUS VOTRE MÉDAILLE À L'HÔTEL DE VILLE DÈS AUJOURD'HUI!

## SPECIAL CHRISTMAS TREE COLLECTION



During the weeks of **January 2nd and 9th** the Municipality will offer a special pick up of natural and artificial Christmas trees. There is no need to sign up for this service but you must put your tree at the roadside for January 5th, at the latest.

**DID YOU KNOW...THAT MUNICIPAL BY-LAWS FOR THE WINTER SEASON (SNOW SHELTERS, SNOW FENCES, STREET PARKING) CAN BE FOUND ON OUR WEBSITE? VISIT US AT [WWW.SAINT-GABRIEL-DE-VALCARTIER.CA](http://WWW.SAINT-GABRIEL-DE-VALCARTIER.CA)**



## MESSAGE FROM THE SQ

### Operation VACCIN 2016 : Police services and the SAAQ joining forces to battle driving under the influence of drugs and alcohol

Police operations aimed at impaired driving due to drugs or alcohol will intensify from November 24<sup>th</sup>, 2016 to January 2<sup>nd</sup>, 2017 on the entire territory of Québec within the framework of Operation VACCIN, which signifies '*Verification accrue de la capacité de conduit – Intervention nationale*'.

During targeted roadside checks, the police officers will distribute stickers bearing the slogan 'Impaired driving is criminal!'. This memory aid that drivers can put on their vehicles, will remind road users of the possible consequences to a bad decision.

Spontaneous interceptions by patrollers will be conducted intensely in order to detect and stop people whose driving ability is impaired. Remember that police officers use different techniques and tools to detect drugs and alcohol among drivers.

### Prevent your loved ones from driving if they have been drinking

As a natural partner of the police force, the SAAQ is taking advantage of this period to launch a new awareness campaign. With this campaign, the police force and the SAAQ would like to encourage the population to intervene to prevent a loved one from taking the wheel if necessary. How can it be done? You could:

- Offer hospitality
- Be a designated driver
- Call a designated driver service
- Pay for a taxi
- Take their keys
- Insist as a group



## MEALS ON WHEELS AND "OTHER" SERVICES

The "Popote et multi-services" mission is to support the elderly, frail or recovering to allow them to be able to stay safely in their homes as long as possible.

It is thanks to the availability of our generous volunteers, that our organization is able to meet the constant demands of meal delivery, transportation and accompaniment for medical reasons, friendship visits and entertainment activities in your community.

### To reach us:

Telephone : (418) 845-3081

Fax : (418) 845-5077

Email :

popote.multiservices@qc.aira.com



MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

M.R.C. de la Jacques-Cartier  
Province of Québec

### PUBLIC NOTICE

Deposit of the valuation roll for the 2017 fiscal year

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

THAT the three-year assessment roll for the Municipality of Saint-Gabriel-de-Valcartier will be in effect for its second financial exercise in 2017. That the assessment roll was deposited at the municipal office on August 23rd, 2016, and that all those interested may consult the roll at the municipal office situated at 1743 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, from Monday to Friday from 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.;

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

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

Be deposited during the fiscal period in which an event justifying a modification to the roll by virtue of the law, or during the following period;

Be deposited at the following address or be sent by registered mail to:

MRC de la Jacques-Cartier  
60, St. Patrick  
Shannon (Quebec) G0A 4N0  
Telephone: 418-844-2160

Be filled out on the prescribed form available at the above address and at the municipal offices;

Be accompanied by the amount of money determined by By-Law 6-1997 of the MRC de la Jacques-Cartier and applicable to the unit of assessment requested.

GIVEN AT SAINT-GABRIEL-DE-VALCARTIER  
THIS 25th DAY OF OCTOBER 2016.

Joan Sheehan, Director General/Secretary-Treasurer

## SPORTS AND RECREATION - 2016-2017 WINTER PROGRAM

**Registration period: January 5th to 10th**  
FOR MORE INFORMATION OR TO REGISTER

Pamala Hogan Laberge, Sports and Recreation Department tel.: 418 844-2097 or plaberge@munsgdv.ca

### REGISTRATION

You must fill out a registration form, available on our website [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca) or at the Municipality.

**Night deposit ( checks only )** : Deposit your registration in the night deposit box at the municipal complex, 1743 Blvd Valcartier.

**In person** : Checks, cash or debit card are accepted.

**Payment by check**: One payment dated January 15th, 2017 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for January 15th, 2017 and the second for February 15th, 2017. A fee of \$10 will be applied for a check returned for insufficient funds and the payment will have to be made in cash.

**Taxes**: When applicable, taxes are included in the price.

**Non-residants**: A surplus charge of \$20 per participant, per activity will be applied unless otherwise stipulated.

An environment where children express themselves through stories, crafts, painting, songs, rhymes, relaxation and games. A well-structured program that allows children aged 3 to 5 years to socialize. Places are limited. Children must be potty trained.

**Where**: Community Center

**When**: Tuesday, Wednesday, Thursday

**Time**: 8:30 am to 3:30 pm

**Duration**: 12 weeks from January 10th to April 6th

**Cost**: Twice a week: \$280

Three times a week: \$380

**Please note that Playgroup will be closed during March break (March 7, 8, 9).**



### 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.



### HOW THE COURSES FUNCTION

**Beginning of courses**: Courses will begin the week of January 9th, 2017 unless otherwise notified.

**Number of participants**: The number of registrations for each activity is limited (minimum and maximum number of participants). If the minimum number of participants is not reached, the Sports and Recreation Department will cancel the activity and reimburse all persons registered for the activity.

**Activity confirmation**: If you do not receive a call from the instructor before the beginning of the course, it means that the activity will take place as scheduled.

**Responsibility**: The Municipality of Saint-Gabriel-de-Valcartier does not assume responsibility and shall not be held liable for any bodily damages, theft or loss that may occur during an activity offered by the Sports and Recreation Department.



## REGISTRATION Studio DépenDanse

Saint-Gabriel-de-Valcartier

### Winter Session (starts January 25)

- 15 courses on Saturdays
- A rehearsal and a show
- Cost: \$100 / student
- Brother/Sister/Mother special:
- \$95 for the second member in a family, \$90 third member, etc.
- Laurie and Alexane Pelletier
- 418 570-0911 [laurie.pelletier1@outlook.com](mailto:laurie.pelletier1@outlook.com)

**NEW!!**  
"mom" group  
offered on Wed-  
nesday nights



### PAINTING AND DRAWING COURSES 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 who want it. The pace and needs of each will be considered. Thus, students can create personal pieces according to the subject of their choice. The teacher will give a list of the 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.

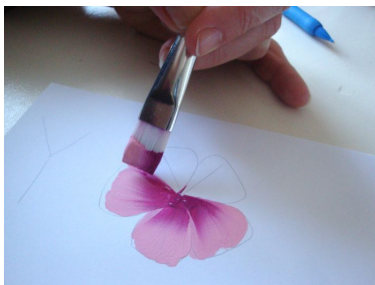
Véronique Asselin, Artist and arts teacher. 418-844-7031

**When :** Wednesday mornings

**Where :** Community Centre

**Cost :** \$20 per course

Minimum of 5 participants, maximum of 9.



### BADMINTON

Informal badminton games on Friday nights at Mont Saint-Sacrement high school. Free activity.

**Person responsible:** Samuel Montminy 418-844-1104 or [Samuel.Montminy@irdpq.qc.ca](mailto:Samuel.Montminy@irdpq.qc.ca)



### PAINT NIGHT « Winter night »

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

**When:** December 13 from 6 :30 to 9 :30 pm

**Where:** Community Center  
**Cost:** \$25

**What's included :**

Supplies

Glass of wine

Go home with a completed canvas.

**Registration:** 418-844-2097 (Pam)  
*No experience required...*



### BALADI ÉNERGIE

#### Baladi Beginner 1

Tuesday nights: 8 to 9 pm\*\*

Start date: January 17

Duration: 12 weeks

Cost: \$150

16 years old and over

Min: 6

Max: 20

**\*\*Free trial course on**

**January 10 at Valcartier Elementary school.**

#### Entraînement Synergique 50 years old and over

Wednesdays: 10 to 11 am

Start date: January 18

Duration 12 weeks

Cost : \$150

Min : 6

Max : 20

#### Entraînement Synergique kids

Wednesdays : 3:45 to

4:45 pm

Start date: January 17

Duration: 10 weeks

Cost: \$100

Age : 5 - 7 years old

Min : 6

Max : 12

**Teacher:** Joëlle Durand 418-977-1256

[baladi.energie@gmail.com](mailto:baladi.energie@gmail.com)



### CPR COURSE

(Cardio-pulmonary resuscitation)

We will be offering a CPR/First Aid course on January 12, 2017. Please call to reserve your place **418 844-2097**.



### BABYSITTING - Cours and training

Kids 11 years and older (must be 11 years old before the course or be attending 6th grade) who would like to follow this course should contact Pamala Laberge

**418 844-2097**. A course will be offered on March 9, 2017. The cost to attend is \$55. Minimum of 8 participants.





### GYM

**(closed from Dec. 24<sup>th</sup> to 26<sup>th</sup> and Dec. 31<sup>st</sup> to Jan. 3<sup>rd</sup>)**

**Clientele:** 14 years and older  
**Schedule:** Monday to Friday 6:00 a.m. to 1:00 p.m.  
 Monday - Thursday 3:00 to 8:30 p.m.  
 Friday 3:00 to 6:30 p.m.  
 Saturday 7:00 a.m. to 12:00 p.m.  
**Where:** Sports Center  
**Cost:** \$30 per month (rebates for students and persons over 50). Package rates are available.

### 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

### PLAN SPORTS ET LOISIRS (PSL)

The program was delivered by mail to every household in November. A few copies are still available at the municipal office. For more information, please call: 418 844-5000, ext. 5226

[www.facebook.com/LOISIRSVALCARTIER](http://www.facebook.com/LOISIRSVALCARTIER)



### DID YOU KNOW?

The Centre Castor cross country ski trails are open to the public. We are lucky enough to have one of the nicest centers in the Quebec region at our doors...let's take advantage of it!

### HOCKEY

Those interested in playing hockey should come to the skating rink on **Wednesday** nights as of **January 11<sup>th</sup>** from **6 to 7 p.m.** for children under 10 years old (must be able to skate), from 7:15 to 8:15 p.m. for children 10 years and older and from 8:30 to 10 p.m. for adults. Activity supervised by Denis Marceau. Minimum equipment required (gloves, helmet). Parents are welcome to participate.



### SKATING RINKS AND TRAIL

Three ice surfaces will be made available for residents this year (hockey rink, skating trail, smaller rink for younger children playing hockey).

**Take out your skates and get healthy and fit!**

**(Official opening as soon as weather allows it)**

7 days a week: 12:00 to 10:00p.m.

*Holiday schedule:* 12:00 to 10:00 p.m. (Dec. 22 to Jan. 5)

December 24<sup>th</sup> and 31<sup>st</sup>: closed at 4 p.m.

December 25<sup>th</sup> and January 1<sup>st</sup>: closed all day

**Please note that certain skating surfaces can be reserved by schools or other organizations during weekdays.**

**(For reservations, please call Pamala Hogan Laberge)**

### REGULATIONS:

According to the RSSQ (*Régie de la sécurité des sports au Québec*) and approved by the Provincial government, hockey players are obligated to wear the following safety equipment:

- A helmet, full-face guard and neck guard

**We strongly recommend the wearing of helmets for everyone, especially for children.**

**It is strictly forbidden to:**

- Smoke on ice surfaces
- Launch slap shots or do body checks
- Push or shove
- Consume alcoholic beverages or drugs on municipal grounds
- Bring an animal on ice surfaces

**ANY INFRACTION TO THESE RULES COULD RESULT IN EVICTION FROM THE PREMISES.**





**TAEKWON-DO****Clientele:** 7 years or older & adults**Where:** Community Center**Schedule:** Tuesday and Thursday  
as of January 10th  
6:15 to 7:30 and 7:30 to 8:45 p.m.**Cost:** \$105 for colored belts

\$115 for black belts

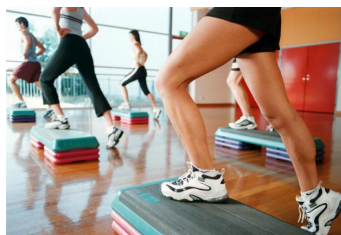
+20 (non-residents payable once a year)

**Please note that registrations are limited. First come, first served!** We invite parents to sign up with their child.For information contact Rock Soucy at 418 575-8904.**\*Don't forget the bottle and can drive on Saturday, January 7th (see page 6).****PAINTING COURSES FOR ADULTS**

Oil or acrylic painting for beginners or advanced painters. The teacher has accumulated over 25 years of experience teaching and opens her personal studio to her students. The



course is meant for everyone wanting to learn to paint while having fun, because painting remains a LEISURE activity. A list of equipment and materials will be suggested at the first course for beginners. Subjects are at the discretion of each, nothing is imposed.

**Schedule:** Monday & Thursday from 1 to 3 pm  
Tuesday & Wednesday from 7 to 9 pm  
(according to your availability)**Where:** 12, chemin du Lac**Cost:** \$16/course*Groups of 4—5 people***STEP & WORKOUT  
(14 years and older)****Where:** Community Center**When:** Mondays**Schedule:** 7 to 8 p.m.**Duration:** January 16 to  
April 3**Cost :** \$25**Instructor :** Lise Cauvier*Men and teenagers are welcome! 50% rebate for students. Class size is restricted to a maximum of 30.***CLUB ADOS**

**f FOLLOW US ON FACEBOOK:**  
**Clubados Valcartier**

418-844-1327

**Schedule:****Thursday** 18 h-21 h**Friday** 18 h30-22 h**Saturday** 14 h-22 h**HATHA YOGA  
PARENT-CHILD 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. 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](mailto:yogicynhatha@gmail.com). You may also visit my website at [www.yogicyn.com](http://www.yogicyn.com). Namasté!

**Cost:** \$100 for 10 courses**Schedule:** January 9 to March 13**Monday** 5:45 to 7 pm (Hatha)**Thursday** 10 to 11 am (chair Yoga)

At the Community Housing

**Registration:** At the Community Center, please contact Pamala Laberge at 418-844-2097 or [plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca)



• **2017 Winter session** •

PiYo is a low-impact, high-intensity body-transformation program. It uses the most effective Pilates- and yoga-inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles.



Manon Brassard, certified PiYo and Insanity Live instructor

**ÉCOLE DU JOLI-BOIS**

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Tuesday and Thursday  
18h30 to 19h30

Payments will be as a punch card!!



**INSANITY LIVE!**

**WEDNESDAY  
19h00  
JANUARY 2017**

COMMUNITY CENTRE SAINT-GABRIEL DE VALCARTIER

## STORY HOUR

### Valentine Story Hour

Friday, February 10, 6:30 pm

*Stories, songs, crafts, treats...*

*all to get you ready for Valentine's Day!*



### Easter Egg Hunt at the Library

Friday, April 14, 6:30 pm

*Stories, songs, crafts, treats...*

*and an Egg Hunt in the Library, of course!*



## NEW AT THE LIBRARY

Here's what's new at your Municipal Library.

**Free museum visits:** Allows Library users for members of the *Réseau* to visit museums for free by presenting a Museo pass (2 adults, 2 children) available at the Library.

**Biblio-aidants:** Free on-line access to 15 pamphlets full of resources to help those supporting someone with a significant incapacity (Cancer, Grief, Diabetes, Alzheimer's, etc.). Available at [www.biblioaidants.ca](http://www.biblioaidants.ca), or through the Library's website (French only).

### New electronic resources added:

**Généalogie Québec:** A new on-line resource available for free on the Réseau BIBLIO website. A good place to start your own genealogical research!

**Zinio:** You can now download free magazines from the Réseau BIBLIO site. (Both English and French titles).

**Texts:** Automatic reminders of overdue books are now available as a text message. Email messages are also possible. Sign up for text messages at [www.mabibliotheque.ca/cnca/texto](http://www.mabibliotheque.ca/cnca/texto).

**Audio books:** Many new audio-books are available through the inter-library exchange. The CD can be transferred to a tablet, iPod or intelligent phone. No expiry dates! (French only).

**eBooks:** Many new titles are available (French and English).

You can find information on these new resources and much more at your Municipal Library or [www.mabibliotheque.ca/cnca](http://www.mabibliotheque.ca/cnca).





## SALMON HUSBANDRY ON THE JACQUES-CARTIER RIVER: 2016, A VERY GOOD YEAR FOR THE SALMON IN THE JACQUES- CARTIER RIVER

A sign that autumn is at our door, the Atlantic salmon of the Jacques-Cartier River are showing off their most beautiful colours and are reaching their spawning sites. For the Corporation du bassin de la Jacques-Cartier (CBJC), fall is the time to prepare the first results. In this sense, 2016 was a particularly favourable year for the salmon of the Jacques-Cartier River.

For the third year in a row, and the last before the reconstruction of the Donnacona dam, the adult salmon was captured in pits at the bottom of the McDougall dam in Pont-Rouge to be then transported close to their spawning sites. In all, 609 individual, or 404 large salmon, were brought upstream. The results were very encouraging as 2016 is the second largest occurrence recorded since 2000.

Another study conducted earlier this spring estimated the number of descending smelts in the river, which is to say that those that went downstream to reach their feeding grounds. In 2016, the percentage of survival (eggs and smelts) is estimated at 3.4% which is higher than the percentage observed in the controlled rivers of the North Shore and Gaspé (1.5%). The Jacques-Cartier River salmon resource is doing well, but the total number of individuals is still below the conservation threshold.

Finally, an electric fishing sampling was carried out in the Jacques-Cartier River downstream of Pont-Rouge, a section of the river considered uncertain regarding reproduction since the beginning of the Jacques-Cartier salmon reintroduction effort. The results confirm that, since the break-up of the Donnacona dam, spawners have reproduced there. Unfortunately, the very low abundance of fingerlings found (2 in 2 years) seems to confirm the thesis that this area is not conducive to breeding. The CBJC would like to thank all those involved in one or another of these projects and without whom their realization would have been impossible: the Atlantic Salmon Conservation Foundation (FCSA), the Society R.S.P. Énergie Inc., the Wildlife Heritage Foundation, the Ministry of Wildlife and Parks (Capitale-Nationale Direction and Wildlife Management), our volunteers, and the Department of Biology at Université Laval for the loan of their equipment

For more information or for project results, you may consult [www.cbjc.org/projets-2016/](http://www.cbjc.org/projets-2016/) or call us at 418-875-1120.

## SETTLEMENT DAYS

Thanks to all who participated in the Settlement Days activities in October and throughout the year. For photos of all the activities, go to [www.valcartier1816.com](http://www.valcartier1816.com). For your Christmas list needs, there are still T-shirts, pins, coins and 8X10 prints of Marielle Rioux's magnificent Settlement Days painting. Contact Debbie or Pam at 418-844-2097.



Balado  
découverte



« une ressource pour le milieu »



Breeding—CBJC team  
Credit: CBJC



Salmon in a retention basin  
Credit: CBJC

In October, we unveiled a top-secret project: « Discover Valcartier », an interactive guided tour of the village used with a tablet or smart phone. Needing neither Wi-Fi nor 3G, « Discover Valcartier » requires only a quick download from BaladoDiscovery. This free mobile app is available for iOS and Android devices and can be downloaded through the App Store or Google Play, respectively.

Visit the site [www.baladodecouverte.com](http://www.baladodecouverte.com) to find this and many more interesting interactive tours.

## 2016 Regional Christmas Card Contest AND THE LAUREATES ARE...

On November 10th almost 250 friends assembled at the Valcartier Community Center where the laureates of the 2016 Regional Christmas Card Contest were unveiled.

« Proof of the popularity of the contest, in 2016, 212 participants of all ages and all levels submitted their works. A year to beat all records! » says Ms. Louise Brunet, prefect of the MRC de La Jacques-Cartier.

### The Laureates

This year, top honors went to Ms. Nancy Tanguay for her work entitled "Winter Romance". The amateur artist from Fossambault-sur-le-Lac won a prize of \$500. Acquired by the MRC de La Jacques-Cartier, the piece will be on permanent exhibit at the MRC offices and will grace the next regional Christmas Card.

Artists from Fossambault-sur-le-Lac were represented this year. As well as Ms. Tanguay, 2 residents from this small area, Ms. Lucy Garneau and young Laly Dumont, also received prizes in their respective categories : Amateur Artists and Junior Artists aged 10-12.

Ms. Garneau received a prize of \$300 and Laly Dumont left with a prize of \$150.

Ms. Laurie Legault, from Shannon, distinguished herself in the Young Talent category aged 13-16. Her work entitled 'The Spirit of Christmas' won her a prize of \$200.

The very youngest were also compensated. In the Aspiring Artist category aged 8-9 years, the prize was awarded to Meaghan Jean, a young participant from Québec who attends the Harfang-des-Neige daycare in Stoneham-et-Tewkesbury. In the Apprentice category ages 5-7, it is the work of Laurie Jean, from Sainte-Catherine-de-la-Jacques-Cartier, that got the attention of the jury. A prize of \$150 was awarded to each one.

During the evening, the public voted and awarded the Public's Choice award to Ms. Marielle Rioux, from Saint-Gabriel-de-Valcartier. For her first participation in this contest, this artist won an award of \$100.

Finally, honorable mentions were awarded to Léonard Lemay, a participant from Sainte-Brigitte-de-Laval and to Maya Buisson from Shannon.

### Front row, left to right:

Marielle Rioux (Public's Choice award)  
Maya Buisson (Honourable mention)  
Léonard Lemay (Honourable mention)  
Laurie Jean (Apprentice 5-7 years old)  
Meaghan Jean (Aspiring Artist 8-9 years old)

### Back row, left to right:

Lucy Garneau (Amateur artist)  
Laurie Legault (Young talent 13-16 years old)  
Joan Sheehan, DG Saint-Gabriel-de-Valcartier  
Louise Brunet, Prefect of the MRC de La Jacques-Cartier  
Nancy Tanguay (Grand prize winner, leisure artist)  
Laly Dumont (Junior artist 10-12 years old)  
Marilyne Bombardier (whose painting was acquired by the town of Ville de Sainte-Brigitte-de-Laval).





*Open to military and residents of  
the greater Quebec City area*

# WINTER 2017

COMMUNITY RECREATION  
DEPARTMENT PROGRAM



**ONLINE** ↖  
**REGISTRATION**

## Recreation Activities Registration

November 21<sup>st</sup>, 6 pm until December 4<sup>th</sup>  
Online and at the Sports Centre

## Extracurricular Activities Registration

November 21<sup>st</sup>, 6 pm until January 10<sup>th</sup>  
Online and at the Sports Centre

## March Break Registration

November 21<sup>st</sup>, 6 pm until February 12<sup>th</sup>  
Online and at the Sports Centre

PARTNER:  
**VILLE DE SHANNON**



This information is available in French  
and English at / Ces informations sont  
disponibles en français et en anglais au  
[www.bk.cfpsa.com/valcartierpub](http://www.bk.cfpsa.com/valcartierpub)

Join our Facebook page  
[facebook.com/LOISIRSVALCARTIER](https://facebook.com/LOISIRSVALCARTIER)



Community Recreation Department  
BASE VALCARTIER



MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



*Together,  
in the Heart of  
Nature*

SAINT - GABRIEL  
- DE -  
VALCARTIER

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

Telephone: 418 844-1218

Fax: 418 844-3030

Email: admin@munsgdv.ca

### WEBSITE

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



## CHURCH SERVICES

**ST. GABRIEL CATHOLIC CHURCH:** Sundays at 9:30 am

**DECEMBER 24 AT 8 PM: ECUMENICAL CHRISTMAS SERVICE**

January 1st at 9:15 am: New Years' mass

**ANGELICAN CHRIST CHURCH:** December 4 & 18 at 9 am  
(3rd Sunday only for Jan., Feb., March)

**ST-ANDREWS PRESBYTERIAN CHURCH :** Dec. 4 at 9 am  
Dec. 18 déc. 7 pm: candlelit ceremony

### ECUMENICAL CHRISTMAS SERVICE

THE ST. GABRIEL CHURCH PARISHIONERS WOULD LIKE TO INVITE ONE AND ALL TO THE  
TRADITIONAL CHRISTMAS ECUMENICAL SERVICE TO BE CELEBRATED ON SATURDAY,  
DECEMBER 24<sup>TH</sup> AT 8 PM AT **1877 BOULEVARD VALCARTIER.**

**WELCOME TO ALL!**

## MUNICIPAL AQUEDUCT USERS

TO RECEIVE WATER BOIL OR REPAIR ADVISORIES IN A TIMELY MANNER;

We invite you to provide one of the following communication methods\* stating your name, address and telephone number:

A cell phone number to receive text messages; send to admin@munsgdv.ca along with your service provider

A valid e-mail address to receive an automated message sent to admin@munsgdv.ca

Or subscribe to our newsletter which can be found on the municipal website [www.saint-gabriel-de-valcartier.ca/receive-news-by-e-mail](http://www.saint-gabriel-de-valcartier.ca/receive-news-by-e-mail).

\*Please note that this information will only be used to communicate public health and security messages. If you don't have access to any of these communication methods, please call the Municipality at 418-844-1218 to provide a current telephone number where you can be reached.

## DATES TO REMEMBER

### DECEMBER

**Nov. 28 - Dec 22** - Donations accepted for **OASIS** baskets

**14** - Paint and wine night

**15** - Deadline to install winter tires on your car

**16** - Christmas Story Time at the Municipal Library

**18** - Christmas Tree Lighting festivities

**24 to 26** - Physik Centre (Gym) CLOSED

**26 to 4** - Municipal offices and Library CLOSED

**24** - 8 pm: Ecumenical Christmas Service at St. Gabriel  
Catholic Church

### JANUARY

(Dog License Renewal Month)

**31 au 3** - Physik Centre (Gym) CLOSED

**2 au 4** - Municipal offices and Library CLOSED

**5** - Monthly collection of bulk waste

**5 to 10** - Registration period for Winter Sports and  
Recreation

**Weeks of 2 & 9** - Special Christmas tree collection

**7** - Taekwon-Do refundable bottle and can drive

**10** - Taekwon-Do winter sessions begins

**9** - Beginning Hatha Yoga classes

**10** - Beginning of Playgroup

**11** - Outdoor hockey begins

**12** - CPR course

**17** - Beginning of Baladi & *entraînement synergique*  
for kids

**18** - Beginning of drawing and painting courses &  
*entraînement synergique* 50 years and over

**25** - Beginning of hip-hop dance courses

### FEBRUARY

**2** - Monthly collection of bulk waste

**10** - Library story time for Valentine's

**15** - Family Skate Night

Publication of the next Indispensable News Bulletin