



Volume 11 | Issue 3
MAY 2018

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MUNICIPAL OFFICE
Statutory
Holidays:
Monday, May 21
Monday, June 25
Monday, July 2

THE INDISPENSABLE NEWS BULLETIN



A WORD FROM THE MAYOR

Spring is almost upon us, and as is often the case, not coming as soon as we would like. It is the time of year that we have the most energy and all plants, trees and vegetation spring back to life after the dormant winter period. Good luck with all your spring projects!

We received some good news regarding the proposed walking/bike trail between our Municipality and the municipality of Lac Delage. The promoter of this much anticipated project has obtained all the necessary permits required. We will be meeting with him shortly to go over the final details and

the works will begin as soon as the snow is gone. A period of two months is estimated to prepare the path for use so it should be ready during the summer. The path is approximately 7.8 km long and will provide a secure environment for family outings in a nature setting.

Brent Montgomery, Mayor



PLEASE, KEEP THIS AS A REFERENCE DOCUMENT UNTIL AUGUST 2018

MAY 27 HHW DEPOT

The Municipality will offer a Hazardous Household Waste (HHW) recycling depot, free of charge, on **Sunday, May 27th from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

You must bring your dangerous materials to the depot location.

Here is a list of materials that can be recuperated:

PAINTS

Paints:

- sold by retail businesses (100 ml containers and larger)
- sold by wholesale businesses (170 L containers and larger intended for architectural use)
- primers and paints (latex, alkyd, enamel and other)
- metal or anti-rust paint
- aluminum paint
- dyes
- varnishes
- lacquers
- products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)
- signalisation paints (those available in retail businesses)

Aerosol paints

ORGANIC HAZARDOUS HOUSEHOLD WASTE

Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.

INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, bleach, pesticides and insecticides

Fluorescent compact light bulbs (CFL)



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

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

For safety reasons, do not mix products.

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

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

Thank you for your active participation in a healthy environment!

GIVE A SECOND CHANCE TO USED ITEMS...

To better manage what is sent to the landfill with household bulk waste, the Municipality has decided to give a second, or even third life to your used items. So if you have furniture, household appliances or items that could still be useful to other people, please let us know when you call for a pickup. We will store them until the next HHW depot and these will be distributed on a first come first serve basis.

COMMUNITY YARD SALE - MAY 27 from 8:30 am to 1:30 pm

The Community Yard Sale is organized by the Sports and Recreation Department and offers you the opportunity to rent a table or two at this event which will be held on **Sunday May 27th from 8:30 am to 1:30 pm**. There will be 19 tables available under the multifunctional shelter, as well as a few others outside, depending on the weather.

If you're part of those looking for treasures, why not make the most of this opportunity and come visit our exhibitors!

To rent a table, you must fill out the registration form at the municipal office. The rental fee is \$10 per table up to a maximum of 2 tables per household. Spaces are reserved for residents only. You must be 18 years or older to rent a table. Reserve early! The activity will be held rain or shine.



**PUBLIC MARKET AT THE
COMMUNITY CENTER
every Thursday from June
28th to September 20th
2:30 to 6:30 pm**

Information: Joanne Gosselin,
418-844-3213 or
[jardins5econcess@
hotmail.com](mailto:jardins5econcess@hotmail.com)

We are still looking for people who would like to sell mainly food products. « Ready to eat » foods would be greatly appreciated. We are also looking for local turkey or chicken producers to sell transformed or non-transformed products at the market. Several people who had stalls at the market last year have confirmed their presence for this summer. We are currently working on the flyer and animation for this summer. Follow our progress on our Facebook page:

[marchepublicSaintGabrieldeValcartier](https://www.facebook.com/marchepublicSaintGabrieldeValcartier)



MUNICIPAL TAXES

We would like to remind you that the second instalment for 2018 municipal taxes is due on July 1st. The privilege to pay in three instalments cannot be granted unless each instalment is paid in full by the due date. Interest and penalties will apply to the account's totality for all late payments.

SPECIAL LEAF PICKUP

Bags of leaves are not accepted during the weekly pickup of household garbage. The Municipality will hold a special collection the week of **May 28th, 2018**. Bags of leaves should be placed by the side of the road in front of your residence.



DISTRIBUTION OF SAPLINGS MAY 27TH

This year again, the Ministry of Forests, Wildlife and Parks (MFFP) will be organizing, in collaboration with the Association forestière des deux rives (AF2R), the Mois de l'arbre et des forêts, which will be held through the month of May 2018.

To promote this event, the Municipality will distribute young tree saplings to every resident who brings in hazardous household waste on Sunday, May 27th to raise awareness of the importance and respect of trees and forests. The saplings are offered free of charge by the Ministry and their distribution is coordinated by the AF2R.



REUSABLE DIAPER PROGRAM

The Municipality is now offering a reusable diaper subsidy through a waste reduction program to reimburse the purchase of a set of cloth diapers up to a maximum of \$100.

This program is intended for parents of infants younger than one year old residing in Saint-Gabriel-de-Valcartier. The subsidy program will end upon the decision of the municipal council.

The form as well as terms and conditions are available at the municipal office, and on the municipal website and Facebook pages.



BULK PICKUP

The weekly collection of non-household waste (bulk waste) is held **every Tuesday**. This service functions on a **call-in basis only, please do not deposit non-household waste in front of large garbage containers or community mailboxes**. You must call the **Municipality at 418 844-1218** to schedule this service and give us an itemized list of materials to be collected. It is important that the materials 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.)

Objects that qualify for bulk pick up:

*Used tires (non-commercial use only) and rims. However, the tires must be separated from the rims. *Vegetable oils used for cooking in their original containers or in a clear well identified plastic container.

Objects that DO NOT qualify for bulk pick up:

*Vehicle carcasses or frames *Tree and brush debris *Household garbage *Leaves and *Recyclable materials.

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 weekly bulk pick up. You must first make a request to Dany Laberge, Person responsible for Public Works.

DOG OWNER RESPONSABILITIES

Although your dog may be your best friend, some representatives of the canine breed can make the neighbors growl. If you own a dog, assume your responsibilities:



- ♦ Respect the provisions in the municipal By-law concerning dogs
 - ♦ Respect your neighborhood by adopting responsible behavior towards your dog and its needs (**Pick up and throw out their droppings!**)
 - ♦ Do not let your dog bark unnecessarily
 - ♦ Keep your dog tied or on a leash at all times
- Thank you for your cooperation!**

EMERALD ASH BORER – AGRILUS PLANIPEN-



The Emerald Ash Borer is an extremely destructive invasive beetle that attacks and kills all species of ash trees, but **not** mountain ash trees, which are not ash trees even though their English name mountain ash may suggest otherwise. The emerald ash borer has already killed millions of ash trees in North America.

To prevent the **spread** of Emerald Ash Borer, the CFIA has placed restrictions on the movement of ash logs and firewood outside **regulated areas**. **Do not travel with firewood.**

Report any new pest detection outside regulated areas at any **CFIA office**.

For more information on how to identify the emerald ash borer and to prevent its spread, see:

<http://www.inspection.gc.ca/vegetaux/phytoravageurs-especesenvahissantes/insectes/agrile-du-frene/fra/1449632962119/1449632962930>.

To view the restricted area:

http://inspection.gc.ca/DAM/DAM-plants-vegetaux/STAGING/text-texte/pestrava_agrpla_ministerial_pdf_1337372111445_fra.pdf

CIVIL SECURITY—FLOOD AWARENESS PREPARATION

Hello everyone!

Here are **three essential links from Urgence Québec** on emergency flood preparation:

- ☑ ***What to do in case of a flood:***
<http://www.urgencequebec.gouv.qc.ca/En/situation-urgence/Pages/Inondation.aspx>
- ☑ ***Before a disaster:***
<http://www.urgencequebec.gouv.qc.ca/En/responsabilites-citoyens/Pages/avant-un-sinistre.aspx>
- ☑ ***During a disaster:***
<http://www.urgencequebec.gouv.qc.ca/En/responsabilites-citoyens/Pages/pendant-un-sinistre.aspx>

If you witness a critical situation, please report it:

- During regular office hours, at the DRSCSI of the MSP : **418 643-3244, extension 42300.**
- At all times, Governmental Operations Center (COG) : **1 866 650-1666 or 418 528-1666.**

CITIZEN BRIGADE PROJECT TO FIGHT AGAINST INVASIVE SPECIES

The CBJC is working in partnership with the CRE and the MDDELCC for the « Fight against invasive alien plant species by a citizen brigade on the territory of the ecological reserve of the Shannon Marshland ».

The « Tourbière-de-Shannon » ecological reserve is an exceptional natural environment situated on the territory of the town of Shannon, in the MRC de La Jacques-Cartier. The status of the ecological reserve is a legal tool which offers full protection to the territory. This protection preserves the natural integrity of the reserve, which is home to the second largest population of the Southern Listeria (*Neottia bifolia*) in Quebec, representing more than 500 individuals of this threatened plant species. The marshland is also home to a population of excellent quality (more than 1,000 individuals) of the fringed orchid (*Platanthera blephariglottis*), a rare plant species.

Although exceptional, the « Tourbière-de-Shannon » is vulnerable to various threats. Indeed, it is located in a suburban environment and several human activities have been identified in the periphery, including the exploitation of a sandpit. Also, invasive alien plant species in and around the reserve threaten native species populations.

In order to avoid encroachment on the wetland by invasive species and loss of habitat for the plant species in the area, residents living near the reserve will be sensitized by a CBJC employee during door-to-door meetings in March. These meetings with the owners will also establish a citizen brigade to carry out control interventions for invasive alien plant species that have been previously identified. Interventions will be carried out in the spring under the supervision of the CRE de la Capitale-Nationale.

If you would like to take part in the citizen brigade, please contact us at info@cbjc.org or at 1-888-875-1120 extension 300. For more information on this project, consult www.cre-capitale.org/shannon.

This project was carried out with the financial support of Environment and Climate Change Canada as part of the National Wetland Conservation Fund.



SUMMER JOBS FOR STUDENTS

PUBLIC WORKS:

Maintenance of municipal property and varied manual work. You must have a valid driver's licence to apply for this job.

Admissibility requirements:

- * 5 days per week, starting May 31st;
- * Aged 16 years or over;
- * You must be a student returning to school in the fall of 2018.

Priority will be given to applicants residing in Saint-Gabriel-de-Valcartier.

Persons interested must send or bring in their CV to the Saint-Gabriel-de-Valcartier Municipal office at the latest, **May 15, 2018**. You can also send your CV by Email to admin@munsgdv.ca. For more information, you may contact Dany Laberge at Public Works 418-844-1218.

SPORTS AND RECREATION:

WADING POOL ATTENDANT

Responsibilities:

- * Monitor and ensure the safety of wading pool users

and ensure compliance with security measures

Requirements:

- * Aged 15 and over
- * Responsible and dynamic
- * Available for the entire summer, from June 16th to September 3rd

SUMMER PLAYGROUND MONITORS

Responsibilities:

- * Develop and plan a program specifically for groups of children aged 5 to 12
- * To animate a group of children
- * Collaborate in organizing special events

Requirements:

- * Students aged 16 and over and returning to school in the fall of 2017
- * Work experience related to this position
- * Available from June 26 to August 10
- * Very high sense of responsibility, teamwork skills

Send your C.V. before May 4th

Pamala Laberge

Email: plaberge@munsgdv.ca

Fax: 418 844-3030

BIOLOGICAL CONTROL OF BITING INSECTS

The Municipality awarded the contract for the biological control of biting insects for the summer season 2018 to the firm Conseiller forestier Roy Inc. The prospecting activities of the breeding sites as well as the spreading operations begin early in the spring and continue until the end of August. The teams of technicians will travel the Municipality and its surroundings several times over the summer to ensure a reduction of the nuisance.

It is important to remember that the result expected from these operations is a reduction of about 80% and not an eradication of biting insects.

The Biting Insect Control Program solicits citizen collaboration to allow access to areas of high production of mosquitoes and blackflies, to the teams of technicians.

For the sole purpose of contributing to the efficiency of operations, we present certain behaviors to adopt, which will limit the growth of mosquitoes:

- * Unused pools must be covered or in operation.
- * Boats or water crafts (boats, canoes, kayaks) must be emptied and turned upside down

- * Various containers (tires, buckets, wheelbarrows) must be emptied and turned upside down

- * Water basins and birdbaths must be maintained in order to eliminate stagnant water

- * Ensure a continuous flow of the water in gutters and ditches

- * Fill ruts and holes (with sand, gravel, dirt) in order to prevent accumulation of stagnant water

Water accumulated at these sites could generate several hundred mosquitoes each week.

You can contact us at this toll free phone number: 1-855-696-3398. To obtain more information on our firm, our website is accessible and updated constantly: www.cfroy.com.



The Municipality is looking for volunteers to conduct "nuisance tests" for the biological control of mosquitoes and black flies

The effectiveness of the control program is measured by "nuisance tests" which are performed by the staff of *Conseillers forestiers Roy* in the presence of an independent witness.

Tests are done three times a week and duration of testing process is approximately 15 to 30 minutes.

If you are interested in participating, please let us know by calling

418 844-1218.

REMINDER - WINTER SHELTERS

As of April 30th, all shelters considered as temporary, such as garages (mobile wood panels or canvas) and snow fences must be dismantled. According to the established by-law, these structures are authorized from October 1st to April 30th.

Please respect your neighborhood and comply with this regulation under penalty of law. (\$200 minimum per day for a continuing offense).



A SAFE POOL — A PERFECT SWIM

The Quebec Government as well as many municipalities have adopted by-laws to insure the safety of private residential swimming pools. Their application aims to reduce the risk of drowning, particularly of children under the age of 5, by controlling and protecting access to residential pools.

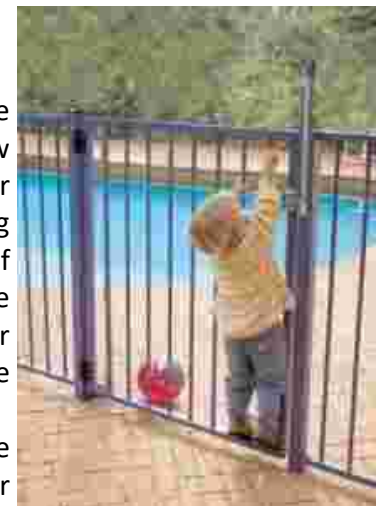
The by-law concerns:

- In-ground pools
- Semi in-ground pools
- Above-ground pools
- Temporary pools (soft sided, inflatable or not)
- Spas with a capacity higher than 2000 litres
- All other residential exterior artificial basins, temporary or permanent intended for bathing purposes deeper than 60 cm.

A municipal permit must be obtained for all new installations or modifications to existing installations. In case of doubt, or to begin the process of obtaining your permit contact the Municipality.

If necessary, the Municipality is available for voluntary inspections. An inspection is required with the issuing of a permit upon completion of the work.

For more information: <http://www.perfectswim.com>



AQUEDUCT USERS—CONSUME RESPONSIBLY!

Have you ever thought about your water consumption habits in the summer and their impact on the network? The proximity of the river and the abundance of its waters suggest that the resource is inexhaustible and free. But beware! The many sources of water waste cost tens of thousands of dollars each year in energy and equipment, hence the importance of sensitizing citizens to its wise use.

It is important to reduce water consumption for the following reasons:

- ♦ To reduce the demand on the distribution and purification network;
- ♦ To avoid wasting a natural resource essential to life;
- ♦ To make collective and individual savings.

Here are some tips to avoid wasting drinking water:

- ♦ Avoid peak hours from 5 to 7 pm weeknights to water lawns or

gardens and to fill pools, etc.

- ♦ Pay attention particularly during droughts and avoid using water unnecessarily;
- ♦ Water the lawn with a good drenching once a week and at night if needed and avoid watering when it is raining. A hose discharges 1000 liters per hour, that is the amount of water that a person drinks in 3 years;
- ♦ Repair water leaks and save thousands of liters of water per year
- ♦ Leave your lawn longer (2 to 3"), practice grasscycling and add mulch to your landscaping: reduce the need for watering by 75%;
- ♦ Wash your car with a bucket instead of the hose: save 390 liters;
- ♦ Sweep your driveway instead of using the hose: save 200 liters;
- ♦ Do not fill your pool more than 15 cm from the rim and cover with a

solar blanket;

- ♦ Collect and use rainwater and adopt manual watering;
- ♦ Install low flow aerators for your faucets: reduce the flow by up to 50%;
- ♦ Turn off the water when lathering, brushing teeth or shaving;
- ♦ Use a basin to do the dishes, instead of letting the water flow freely;
- ♦ Start the dishwasher and clothes washer only when they are full;
- ♦ Choose a shower (115 liters) over a bath (160 liters).



WATERMAIN ENTRY VALVE

Each residence serviced by the aqueduct network is equipped with a water main entry valve which connects to the water supply. The water main



entry valve to the aqueduct network which sticks out of the ground at the front of your property, commonly called "bottle" is buried underground, generally in front of the residence, usually at the limit of the property between the municipal and the owner's properties. It is therefore very important that this entry valve be **visible and accessible at all times**. None other than a municipal employee is authorized to handle this water hook up.

COLLECTIVE TREATMENT TO ERRADICATE AMBROSIA

The Municipality will again participate in 2018 in a treatment program to eradicate ragweed.

The common goal is to **permanently eliminate** this highly allergenic plant.

We therefore count on the participation of the entire community in order to reach our goal to permanently eliminate ragweed.

Here's how you can actively participate:

- Uproot any ragweed plants on your property.
- Locate the infested zones in your neighbourhood.
- Make your neighbours aware of the hazards posed by this plant.

This annual collective **program** aims to **significantly reduce** pollen levels and this, in the best interest of the local population.

The socioeconomic impact related to respiratory allergies amounts to 250 million dollars annually.

L'HERBE À POUX



**YOUR REFERENCE IN
COMMUNITY MATTERS**

Come see what's new!

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

SERVICE DE SÉCURITÉ INCENDIE

FIRE PREVENTION VISITS



The Saint-Gabriel-de-Valcartier Fire Safety Service would like to remind our citizens that the 2018 Residential Fire Prevention Program will begin in May. Identified, uniformed firefighters will carry out inspections of the homes on our territory.

They have been mandated by the Fire Safety Service to make recommendations regarding the conformity with fire safety regulation of your residence.

During their visits, the firefighters will verify the installation and maintenance of your smoke detectors. Please be advised that smoke detectors must be installed on each floor of your home, including the basement. The best places to install them are in hallways, near bedrooms, insuring that there are no obstacles impeding efficient air circulation.

Whether they are electric or battery powered, smoke detectors must be replaced every 10 years following the manufacturer's instructions (never exceed the suggested expiry date). Landlords must provide a smoke detector to their tenants, but the tenants are responsible for changing the batteries. Always change your batteries when the time changes.

For more information on fire prevention, citizens are invited to contact the Saint-Gabriel-de-Valcartier Fire Safety Service.

LEUCAN SHAVED HEADS CHALLENGE

The MRC de La Jacques-Cartier is proud to organise, again this year, the Leucan Shaved Heads Challenge. This fundraising activity will be held on **June 9th, 2018 from 10 am to 2 pm** at the Stoneham-Tewkesbury Fire Hall located at 201, chemin de la Grande Ligne. The Saint-Gabriel-de-Valcartier Fire Safety Service will be participating and encourages you to participate or give generously to help support thousands of children with cancer and their families.



Looking for a rewarding and stimulating challenge? Your volunteer Fire Department needs you !

Apply from February 28th to April 1st at municipal office or online saint-gabriel-de-valcartier.ca

UNE ALARME C'EST SÉRIEUX !

RÉNOVATION

MAUVAISE UTILISATION

MAUVAISE INSTALLATION

FUMÉE DE CUISSON

90% DES ALARMES SONT NON FONDÉES

cestserieux.com

2018 PLAYGROUND and PLAYGROUP

JUNE 26 to AUGUST 10

**THIS
YEAR'S
THEME:**



BUS TRANSPORT IS INCLUDED IN OUR PRICES! (Please note that there will be no transportation services the first week)

Playground

CHILDREN AGED 5* TO 11

Monday to Friday 9 am to 4 pm

*Also applies to 4 year olds starting Kindergarten in September

Playgroup

CHILDREN 3 TO 4 YEARS OLD

Tuesday to Thursday from 9 am to 4 pm



DAYCARE

available Monday to Friday
from 6:30 am to 6 pm

Follow us on Facebook:

*(Terrain de jeux—Playground) to share
your ideas and comments.*



REGISTRATION

- ♦ Amilia link on our website
www.saint-gabriel-de-valcartier.ca



REGISTRATION PERIOD

May 1 to 31*

***\$25 late fees apply
after this date**



PLAYGROUND		
COST	RESIDENTS <i>(Autobus inclus dans le prix)</i>	NON-RESIDENTS
Week	\$100 (+ t-shirt \$10)	\$125 (+ t-shirt)
Summer (7 weeks)	\$500 (t-shirt included)	\$700
Per day	\$25 (no outing) or \$40 (with outing)	
PLAYGROUP		
COST	RESIDENTS	NON-RESIDENTS
Week (3 days)	\$55	\$90
Summer (7 weeks)	\$300	\$500
DAYCARE SERVICE <i>(residents and non-residents)</i>		
Week	\$30 / child	\$45 / family
Summer (7 weeks)	\$200 / child	\$300 / family
Per day	\$25	

ASSISTANT MONITOR PROGRAM (P.A.M.)

Does your teen aged 12 to 15 years old need something fun to do this summer?

For those who want to gain experience working with children, try our assistant monitor program to develop your leadership skills, gain practical experience and expand your creativity.

**There is a possibility of supervised daycare the week of August 13th,
please reserve this service during registration.**

FAMILY DISCOUNT available (applicable to Playground and Playgroup costs only) for families with 2 or more children. The family discount does not apply to non-residents and only one type of discount is allowed per family.

PICKLEBALL

WHEN: MONDAYS AND WEDNESDAYS FROM 6:30 TO 8:30 PM
WHERE: MONT SAINT-SACREMENT HIGH SCHOOL
COST: FREE OF CHARGE

INFORMATION: plaberge@munsgdv.ca

Pickleball is in Valcartier! Registration will be ongoing. This is a sport that combines the elements of tennis, badminton and ping-pong. It is a fun and energizing sport. You haven't heard of it? Or you've heard of it but don't know how to play?

That's ok, we will have someone to get you going and teach you the moves!

Come discover what pickleball is all about!! Don't forget to wear shorts and running shoes.

We will be playing on the skating rink during the summer.



PICKLEBALL EQUIPMENT



MEN'S SOFTBALL

Competitive league starts on **June 15, 2018.**

WHEN: Tuesday and Thursday nights

COST: \$155/resident or \$175/non-resident

Person responsible: Laurent Issa

Registration deadline: **May 4th, 2018**

There will be an **OBLIGATORY** practice on May 7th at 7 pm for all new players. This practice will be postponed to the following evening in case of rain. Follow us on Facebook for all the news and updates: ligue de balle molle saint-gabriel-de-valcartier.



MARIE-ÈVE ROCHETTE HEALTH TRAINING

MOMMY AND ME TRAINING (0-2 years old)

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

WHEN: Tuesday 9 to 10 am

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

COST : \$50/12 classes or \$10/class

WHERE: Community Center

INFORMATION : Marie-Ève Rochette, Kinesiologist
581 995-5580



WATERPARK

THE WATERPARK WILL BE OPEN FROM 10 A.M. TO 8 P.M. EVERYDAY
(OPENING IN JUNE)

It is located near the playground, right next to the wading pool.

Please note: the waterpark is without supervision, parents are therefore responsible for the safety of their children.



WADING POOL

SCHEDULE

Opening June 18th, weather permitting.
Entrance is free.

Adult supervision is required.

Monday to Friday:

3:30 to 6:30 p.m.*

Saturday and Sunday:

12 to 6:30 p.m.*

*(Opening hours may vary according to the weather)

From August 13 to Labour Day :
Schedule: 12 to 6:30 p.m.

VOLUNTEERS! THE SPORTS AND RECREATION DEPARTMENT AND COMMUNITY SERVICES NEED YOU

Would you like to get involved and meet people from your community while participating in interesting activities? The Sports and Recreation Department, Community Services and Historical Society needs volunteers like you to meet different needs during activities such as Family Day, Club Ados activities, ball games, Soccer Club and for the Municipal library. Sound interesting? Please call **Pamala Hogan-Laberge at 418 844-2097.**

HIP-HOP DANCE SHOW SUNDAY, MAY 27TH

COST : free

WHERE: Community Center

WHEN: Sunday, May 27 - 3 pm

**COME BY AND ENCOURAGE OUR
YOUNG TALENT!**



WOMEN'S SOFTBALL LEAGUE

NO EXPERIENCE NECESSARY!

This non-competitive league is not only about softball but is a great way to get to know others. We welcome all ladies 12 and over interested in playing softball and having fun.

WHEN:

The season begins on June 11th and 12 games will be played on Monday nights from 7 to 8:30 pm.

COST:

\$60 for residents

\$85 for non-residents

REGISTRATION DEADLINE:

May 25th, 4:30 pm



VERY IMPORTANT TO RESPECT THE REGISTRATION DEADLINE !

To register, go to our website and click on AMILIA. Information: Pamala Hogan

Laberge at 418 844-2097,

Email: plaberge@munsgdv.ca

Any discounts that might be applicable are no longer valid after registration deadlines.

PÉTANQUE GAMES

COST: free

WHERE: behind the Community Center

WHEN: Monday and Wednesday nights
Beginning June 19
From 6:30 to 9 pm

BRING YOUR OWN BALLS (BYOB!)
Come enjoy yourself with this fun activity!



SLOW-PITCH TOURNAMENT

Family Day festivities begin on Friday night August 17th with the slow-pitch tournament (playing for fun).

COST: \$20 (t-shirt included)

Registration deadline:

August 8th

Pamala 418 844-1218

plaberge@munsgdv.ca



SOCCER FOR TEENS/ ADULTS

Friendly FRIDAY NIGHT games. All you need is a pair of soccer shoes and shin guards. Come join us for an energetic and fun soccer game (7 on 7 mixed).

Feel free to come and join us!

WHERE: Black Bears Field (1743 Boulevard Valcartier)

WHEN: 6:30 to 8 pm Friday nights (beginning June 16th)

PERSON IN CHARGE: Samuel Montminy

CHILDREN'S BASEBALL /T-BALL

Aged 5 to 9 years old

The objective is to introduce baseball to children and to develop their skills and potential. Children will be divided according to age groups.

WHEN: Saturday mornings starting June 30th

COST: \$25 / child
\$35 / family



REGISTER NOW!

REGISTRATION DEADLINE:

Friday, June 8th at 4:30 pm

**GOOD LUCK TO ALL OUR SOCCER AND SOFTBALL TEAMS!
THANK YOU TO THE COACHES AND VOLUNTEERS
DEVOTED TO THESE SPORTS TEAMS.
IT WOULD BE IMPOSSIBLE TO PARTICIPATE IN THESE
SPORTS WITHOUT YOU!**



MUNICIPAL LIBRARY

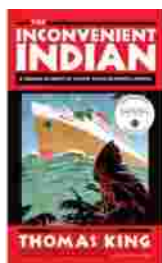
SPRING SCHEDULE

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

SUMMER SCHEDULE JULY-AUGUST

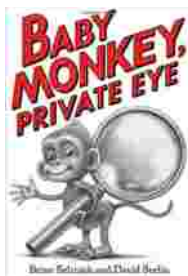
	Open	Closed
Monday	6:30 p.m.	8:30 p.m.
Thursday	6:30 p.m.	8:30 p.m.

MUST READS



The Inconvenient
Indian
-Thomas King

Wonder
-R.J. Palacio



Baby Monkey
Private Eye
-Brian Selznick

BOOK BOXES ARE BACK!

The Book Boxes located at the park at Clark's bridge, at des Plateaux park and at the community center playground. Take a book, return it or keep it! It's OK to put a book or two into the box for others to enjoy, but larger donations should be brought to the library.

BOOK MYNE NEW FREE APPLICATION!

Use this app to easily track loans for the whole family! You can also quickly search the library catalog, check reservations and more!

2018 TD SUMMER READING PROGRAM

Here we go! It's summer...with time to explore whatever excites your mind and fires your spirit! Feed your passion with all the books you can digest! The TD Summer Reading Club begins on **Saturday, June 16th from 2-4 pm** at the Library. Sign-up and receive a free booklet and stickers to keep track of all the books you will read this summer...each book gets you closer to exciting prizes! You can register all summer long, but come on opening day and have fun with crafts and activities. This free program is geared for children ages 5-12, but younger children are welcome to join. **The draw for prizes will be held on August 23.**



SKATEPARK

SKATEPARK RULES

OPENING HOURS

Monday to Friday

6 pm to sunset

Saturday and Sunday

12 pm to sunset

- ☺ Only skateboards, in-line skates, pedal scooters or BMX bicycles are allowed in the park.
- ☺ The wearing of a helmet and closed shoes is **OBLIGATORY**. The wearing of protective equipment is highly recommended (body protection for hands, elbows and knees).
- ☺ The skatepark is not recommended for children 10 and under without supervision.
- ☺ Food and glass containers are forbidden as well as drug or alcohol consumption.
- ☺ It is strictly forbidden to use this area outside opening hours.
- ☺ On the track, visualize your path and adjust your speed to avoid a collision with another user.
- ☺ Playing games such as chase or making a train are strictly forbidden.

Failure to comply with these safety rules will result in expulsion.

In case of damage to the surface or modules, notify the municipal office:
418-844-1218.

In case of emergency: 9-1-1

New activities can be added at any time so keep an eye on the Vie communautaire Facebook Page to be informed!

Come in to see our renovations - WOW!

The Club Ados is a place where teens can meet up and get support when needed. It offers both teens and significant adults a chance to work together creating good communication skills and personal development.

From now on every Thursday night is Smoothies and Studies! All it is, is basically you can show up with any homework, team projects or really anything that you might want to get done before the weekend and work on it with us:-) and of course, we will make tasty smoothies with anyone that shows up!

The Club Ados organizes a variety of activities based on the suggestions from the group. Recreational sports, workshops, cooking and more. The teens are also given a chance to become actively involved with other community organizations.

The following is available:

- Computers with supervised internet access
- Pool table
- PS4
- Television
- Mississippi table
- Basketball
- Beach volleyball
- Soccer
- Skate park
- Softball
- And more...

Our animators are always available to listen and help with their needs, if needed. So, if you are between the ages of 11 to 17 and want to have some fun, join us! There's always something going on at the Club Ados. A huge thank you to everyone who came to help us during our renovations.

Please note that we are in the process of preparing a summer schedule. The calendar will be posted on our Facebook site. New and exciting summer activities are planned. To stay in touch and updated, follow us on Facebook: Clubados Valcartier.



SCHEDULE

Thursday nights: 6 to 9 pm

Fridays and Saturdays: 6 to 10 pm

PHYSIK CENTER GYM

Schedule:

Monday to Thursday 6 am to 9 pm

Friday 6 am to 7 pm

Saturday 8 am to 4 pm

(Please note that the Saturday schedule is subject to change depending on attendance in this time slot)

Price list:

1 month: \$30/pers. or \$40/family*

3 months: \$60/pers. or \$80/family*

6 months: \$110 /pers. or \$140/family*

1 year: \$200 pers. or \$260/family*

*family = adults and children/students aged 14 to 25

Students (14 to 25 years old), 50+ :

⇒ 50% rebate (except on card and session rates)

1 session: \$5/person

20 sessions card : \$60/person

Non- residents : \$20 extra

Age required :

14 to 16 years old: Cardio only

16 and above: Cardio + weights

Person responsible :

Jean-François April

B.Sc Éducation Physique,

Telephone : 418 476-1053

Email:

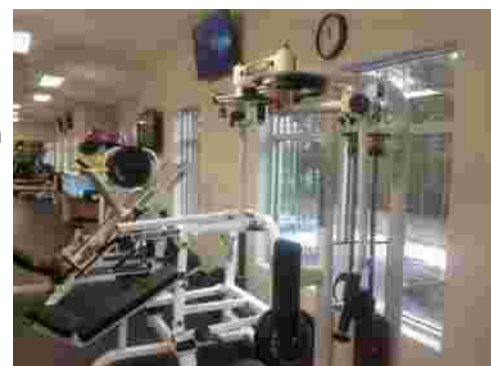
centrepophysik@videotron.ca

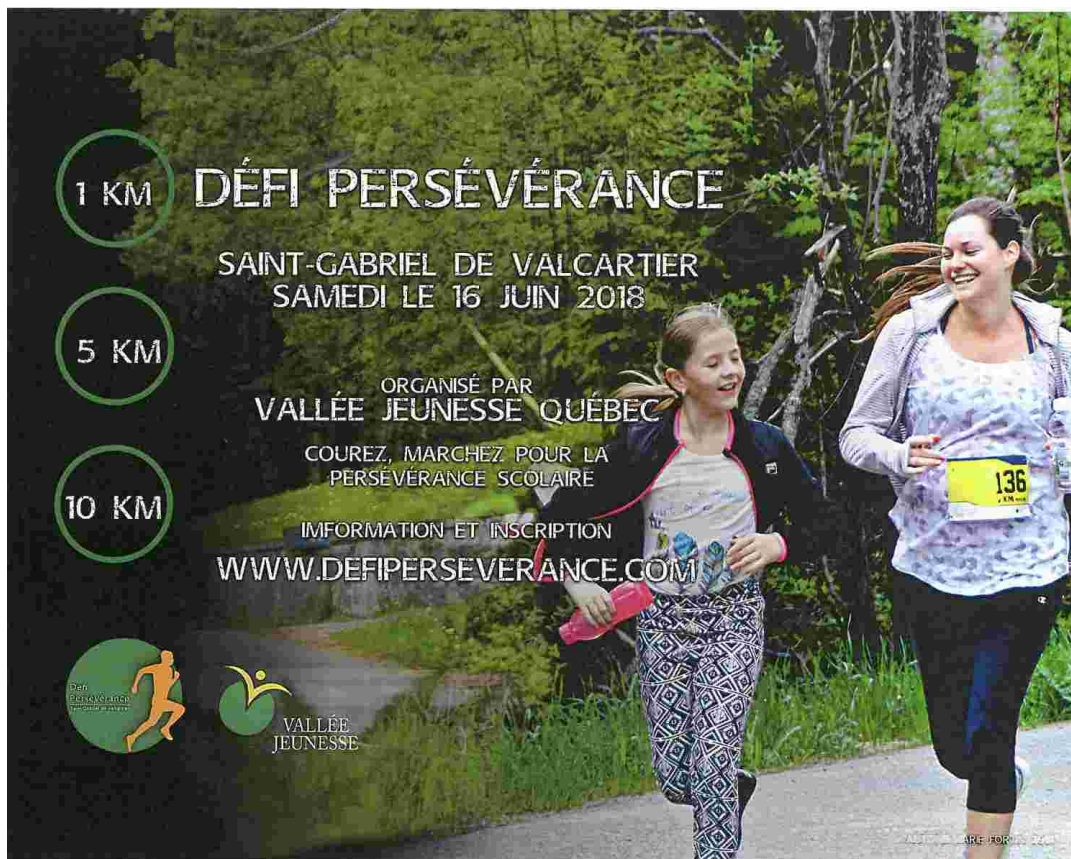
Team:

Annick Desaulniers

Gabriel Parent

Scott Montgomery





1 KM DÉFI PERSÉVÉRANCE

SAINT-GABRIEL DE VALCARTIER
SAMEDI LE 16 JUIN 2018


ORGANISÉ PAR
VALLÉE JEUNESSE QUÉBEC

Courez, marchez pour la
PERSÉVÉRANCE SCOLAIRE

INFORMATION ET INSCRIPTION
WWW.DEFIPERSEVERANCE.COM

5 KM

10 KM

KNITTING GROUP MEETINGS

WHEN: Tuesday 4:30 pm
Thursday 2 pm

COST: Free

WHERE: Municipal Library
INFORMATION:

Pamala Hogan Laberge
418 844-2097

*Bring any material you
have, if you don't have
any, we will have some for
you.*



RELEVEZ LE DÉFI  **2 juin**
5^e édition

LE DÉFI FORESTIER

Défi relevé en famille!
On est sorti du bois!
Sales et satisfaits!
Méchant course!

Un défi à relever aussi
en famille

parcours familial de 2,5 km
parcours enfants 2 ans et +

Plus de 30 obstacles
sur un parcours de 6 km

Saint-Gabriel-de-Valcartier

 [ledefiforestier](https://www.facebook.com/ledefiforestier)
 ledefiforestier.ca

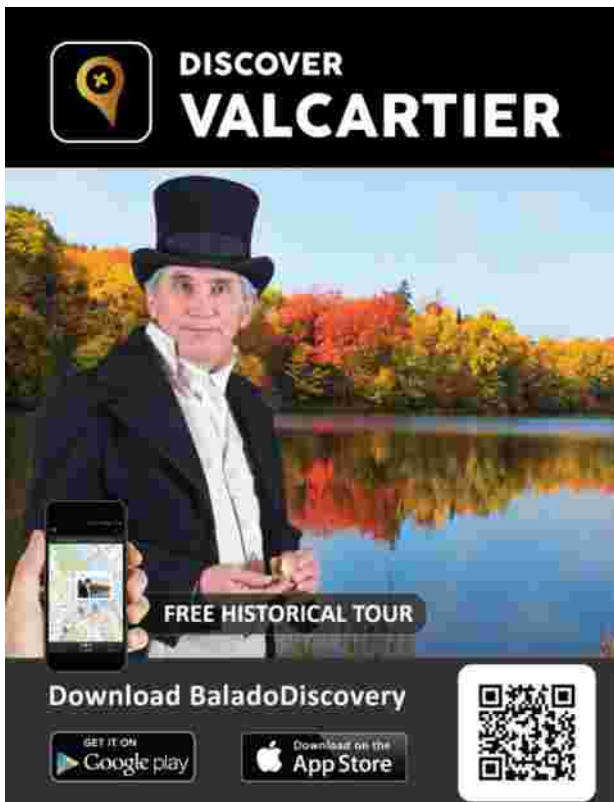


HORSESHOES

Does this activity interest you? Come join us on **Wednesday nights** as soon as the good weather sets in. We would like to see more people enjoy the horseshoe grounds on a regular basis.

Contact Pamala Hogan Laberge at plaberge@munsgdv.ca ou 418-844-1218.





DISCOVER VALCARTIER

FREE HISTORICAL TOUR

Download BaladoDiscovery

GET IT ON Google play

Download on the App Store

QR code for app download

Balado
découverte



No roaming necessary when preloaded

On-screen info enhances your discovery of each site

Guides the user to each point of interest by GPS



NOUVELLES DU COMITÉ HISTORIQUE



The Historical Committee of Saint-Gabriel-de-Valcartier is please to announce that we are moved into our new office at 1754 Boul. Valcartier. We will be open Thursday mornings from 10-12 until the end of June. Come see our new home and an exhibit of photos with a few surprises! We are still getting organized, so if you notice we are there working at other times of the day or evening, please feel free to pop in and say hello. Be warned, we might put you to work! A summer schedule will be posted in July.

The Historical Committee has a new email address:

Valcartier1816@munsgdv.ca

and phone number:

418-476-1054. Leave

a message and we

will get back to you.

Our first activity in

2018 will be a bus

trip to the Celtic

Festival in Kinnears

Mills on Saturday,

July 21st. We will be

sharing more

information as it

becomes available so

be sure to check out

our website,

Instagram account,

Facebook page, or

stop by the office.



AN INTERGENERATIONAL PROJECT FOR THE COMMUNITY



The sharing of stories has always been a special way to pass along knowledge to another generation. To help preserve the cultural heritage and history of seniors from our community, we are excited to announce the « **Back in the Day** » Project. The community of Saint-Gabriel-de-Valcartier has been awarded a financial grant to implement this intergenerational project and after the completion, we will be producing a memoirs book comprised of narratives and photos from the seniors of

the Valcartier Municipality. For more information, contact: Wendy Sarazen at 418-929-0712 or by Email at: hcsgdv@videotron.ca.



*TOGETHER, IN
THE HEART
OF NATURE*

SAINT-GABRIEL
- DE -
VALCARTIER

1743 Boulevard 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**



USEFUL PAGES

1. Municipalité de Saint-Gabriel-de-Valcartier (www.facebook.com/munsgdv)
2. Vie Communautaire saint-gabriel-de-valcartier community life (sports, recreation, culture)
3. Clubados Valcartier
4. Club de soccer les Ours noirs de St Gabriel de Valcartier
5. Club de Taekwon-do de Saint Gabriel de Valcartier
6. Habitations Communautaires Saint Gabriel de Valcartier
7. Ligue de balle molle Saint-Gabriel-de-Valcartier
8. Terrain de Jeux Saint-Gabriel-de-Valcartier Playground
9. Le marché public de Saint Gabriel de Valcartier
10. Les mamans de St-Gabriel-de-Valcartier
11. Centre Physik
12. Service des loisirs communautaires de la Garnison Valcartier
13. Le Centre de la famille Valcartier
14. Comité historique Saint-Gabriel de Valcartier Historical Committee

DID YOU KNOW...

That a list of organizations offering help to the community can be found on the Municipality's website under the SERVICES tab? A copy is also available at the municipal office. Call us to receive one by mail.

HOME SUPPORT SERVICES

Do you need help?

SERVICES INCLUDE:

- Housecleaning
- Laundry
- Preparation of meals
- Errands
- Spring cleaning
- Painting
- Outside work
- Heavy work

SPECIALTIES:

- Physical assistance (get up/go to bed, transfer help)
- General hygiene (partial or complete bath)
- Babysitting | Caregiver respite
- Palliative accompaniment
- Hairdressing

FOR WHOM:

- The elderly
- Chronically ill patients



Aide à la communauté
et services à domicile

- Families in need
- Residence homes
- Disabled persons
- Convalescents
- Entire population

SERVICES SCHEDULE:

24 h/day | 7 days/week

418 842-9791 extension: 21

www.aidealacommunaute.org

DATES TO REMEMBER

MAY

- 1 Registration begins for Summer Playground & Playgroup
- 4 Deadline to submit a CV for summer employment at Playground and men's softball registration
- 15 Deadline to submit a CV for summer employment—Public works
- 21 Municipal office and Library closed
- 25 Deadline for women's softball registration
- 27 Hip-Hop dance show at 3 pm
- 27 HHW depot, distribution of saplings, Community yard sale, donation of used articles
- 28 Special leaf pickup week

JUNE

- 2 Défi forestier challenge—MSS school
- 8 Registration deadline for children's softball
- 9 Leucan Shaved Head Challenge in Stonham
- 16 Défi persévérance challenge—Vallée Jeunesse
- 17 Summer Reading Program launch at the Library

- 18 Opening of wading pool and beginning of pétanque
- 20 Beginning of teen/adult's soccer games
- 25 Municipal office and Library closed
- 26 Beginning - Summer Playground and Playgroup
- 28 Beginning of PUBLIC MARKET
- 30 Beginning of children's t-ball

JULY

- 2 Municipal office and Library closed
- 1^{er} 2nd installment due for municipal taxes
- 2 Library—beginning of summer schedule
- 5, 12, 19, 26 PUBLIC MARKET

AUGUST

- 2, 9, 16, 23, 30 PUBLIC MARKET
- 8 Slow-pitch tournament registration deadline
- 10 End of Summer Playground and Playgroup programs
- 13 Daycare week
- 15 Next edition of the Indispensable New Bulletin
- 17-18 Tournoi de balle donnée et Journée familiale