



The Express

9, Cambria Road, Gore (Québec) J0V 1K0 – Tel.: 450 562-2025

VOLUME 12, NUMBER 04 – MAY 2022

*Spring
at last!*

A WORD FROM
THE MAYOR 2

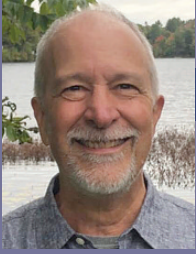
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Céline
TREMBLAY
PHOTOGRAPHIE

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A WORD FROM THE MAYOR

I have talked about the Lake Beattie Park project several times. This project is made possible by the collaboration between the City of Lachute and the Township of Gore and aims to provide the population with public access to nature and to the lake.

This project has always been dear to my heart and, since July 2021, the park is finally taking shape. We now have almost 20 km of multifunctional trails as well as a magnificent yurt and the lake is ready to welcome fishermen and boaters.

We have done a colossal job since receiving the grants that have allowed us to move forward with the development of the park. The access road and parking spaces have been built, park attendants are now on site and our municipal team has worked hard to install signage along the trails to make them safe and attractive.



Unfortunately, malicious people are trying to tear up our signage, wasting our time, money and hurting our team's motivation.

Today I would like to speak to those people who destroy our work and to our population who may be concerned about these acts of vandalism. Rest assured that we will do everything in our power to identify these culprits and prosecute them for these unacceptable acts. I would like to tell them that we will never be discouraged because we believe in this project. The signage will be reinstalled as soon as possible and there will be more patrols in the park.

At this time, the park is closed to the public due to the spring thaw of the trails and the very late melting of the snow. Also, teams are currently working to remove several fallen trees due to recent windstorms.

Soon, we will stock the lake with fish, to the delight of fishermen. To stay updated on park activities, you can consult the park's Facebook Page: www.facebook.com/parcNatureLacBeattie or the municipality's website: www.cantondegore.qc.ca/fr/decouvrir-gore/parc-du-lac-beattie.

As always, I can be reached on my cell phone at **514 941-2224**.

Your mayor
Scott Pearce



URBAN PLANNING

Province of Québec
Regional County Municipality of Argenteuil
Township of Gore

SUMMARY OF THE URBAN PLAN BY-LAW 213-01

PUBLIC NOTICE is given that by-law number 213-1 was approved by the RCM by way of resolution 23-03-080, which was adopted at its March 9, 2022 meeting. The said by-law came into effect on April 4, 2022, issuance date of the RCM's certificate of conformity.

PLANNING PROGRAM PROJECT SUMMARY

The urban plan was modified to:

- Add an objective and means to carrying out specific planning for the local pole;
- Include a special town planning program (PPU) for the Municipality's local pole;
- Adjust the limits of local urban use for the Township of Gore in order to comply with By-law number 68-27-21 modifying the revised land use planning and development plan (by-law number 68-09) of the RCM of Argenteuil.



The urban planning program (PPU), which is added to the urban plan, formulates the means by which the municipality will develop and consolidate commercial, community and recreational services within the local pole. Its long-term objectives include the creation of recreational tourism opportunities, the construction and repair of municipal infrastructure to increase the quality of municipal services, parks and cultural sites, the protection of heritage sites and architecture as well as the development of safe walking and cycling paths. The PPU aims to create a central area that is both environmentally friendly and adapted to the needs of the population. The PPU also specifies the acquisition rights that the municipality will have in order to ensure its implementation and it defines the areas where, within the limits of the local pole, the program is applied. The urban plan modification also updates the boundaries of the local pole to comply with the boundaries set in the RCM of Argenteuil's by-law number 68-27-21.

The limits of the local pole are illustrated in the figure.

This by-law is available for consultation at the municipal office during regular working hours or on the municipal web site at: www.cantondegore.qc.ca/en/publications/rules.

Given in Gore this 7th day of April 2022

Sarah Channell, Clerk-Treasurer

LES SENTIERS DE GORE

NOTICE OF MEETING – LES SENTIERS DE GORE'S ANNUAL GENERAL MEETING

The Annual General Meeting of the organisation Les Sentiers de Gore will take place on May 29, 2022 at 10:00 am at the Gore Community Center (2, Cambria Rd.). You will find all the documentation on our Website at www.lesentiersdegore.com.



Please note that all persons who are interested in the goals and activities of the organisation are members and can vote at the general meeting. Also, four members of the Board of directors are up for election.

Trail maintenance day at Denommé Park - May 14th

Les Sentiers de Gore invite you to participate in a trail maintenance day on Saturday, May 14th at Parc Denommé. Meeting time is at 9:30 AM on site (parking on Densa Rd.). Bring your own tools (loppers, shovels, pickaxe, rakes etc., depending on what you have at home) as well as gloves and a bottle of water. In case of rain, the maintenance day will be postponed to the following day.

Ornithology activities in May - May 7th and 21st

Les Sentiers de Gore, in collaboration with Développement Ornithologique Argenteuil (DOA) invites you to two morning ornithology activities. Martin Picard, DOA's Executive Director, will lead the activities.

Two dates are available:

- Saturday May 7th at Denommé Park (on Densa Rd.)
- Saturday May 21st at Pioneers Park (45, Cambria Rd)

The meetings begins at 8 a.m. In case of bad weather, the activity will be held on the Sunday. Registration is mandatory. Maximum 15 participants. Please register directly on our website at:

www.lesentiersdegore.com.

Environment Day and Book Launch - May 22nd

Les Sentiers de Gore will be present during Environment Day to be held at the Municipal Park, 45 Cambria Rd., on May 22nd. Come and pick up your compost as well as a copy of our most recent publication, the biography of Margaret Cook *Life As It Is* for just \$10!

Having produced the film *Le Triomphe de la nature: Margaret Cook et les pionniers de Gore* in 2021, Les Sentiers de Gore is proud to present the first ever biography written about the life and work of Margaret Cook. *Life as it Is*, written by Hélène Beauchamp and Jean-François Hamilton, brings together in a single volume three years of research including quotes, maps, exclusive pictures and stories describing the life story of this exceptional woman who, through her chronicles and her novel, was able to share her love for our region.

Margaret Cook (1897-1975) lived in the Township of Gore between 1943 and 1975. Her monthly columns, "Sunnyacres Sketches", were published in the *Lachute Watchman* between 1949 and 1971 and her novel, *Land Possessed*, was published by Giles Publishing of Lachute in 1969.

MUNICIPAL INFOS

GENERAL STORE: CORPORATION CITOYENNE DE DÉVELOPPEMENT SOCIOÉCONOMIQUE DE GORE (CCDSGORE)

The CCDSGore invited residents to the Community Center on April 11 and 12 for two presentation sessions (French and English) on the results of the survey conducted last February in view of the desired opening of a general store in the municipality. At the time of compiling the results, 594 respondents had submitted their option. This represents 55% of the households settled in the township.

The two presentation evenings brought together around sixty people and ended with a discussion period. The legal form of the store, its method of management, its products and services, as well as its intended location are some of the topics that were discussed.

The findings of the survey illustrate that a majority of respondents would like to see fresh and local products arrive on the shelves, in addition to essentials such as milk, toothpaste and other basic necessities. An SAQ service counter and a postal drop-off/pick-up point were also highlighted as useful local services to consider in order to reduce the travel required to surrounding towns and municipalities.

At the economic level, the opening of a general store in Gore derives all its relevance from the fact that the number of new residents has been growing steadily for several years. Traffic is also growing along Route 329, which suggests the opportunity to naturally attract passing customers.

Full survey details and news from CCDSGore will be posted during the month of May on our Facebook page:
www.facebook.com/groups/319741660080073

For those who wish to get involved in the general store project, please contact the CCDSGore team by phone at 514-243-4590 or by email at: ccds Gore@gmail.com.

Upcoming city council meetings

- Monday, May 2, 2022
- Monday June 6, 2022
- Monday July 4, 2022
- Monday August 1, 2022
- Tuesday September 6, 2022
- Monday October 3, 2022
- Monday, November 14, 2022
- Monday 5 December 2022

* Please note that all regular council meetings start at 8 p.m.



TEMPORARY CAR SHELTERS – DEADLINE MAY 15

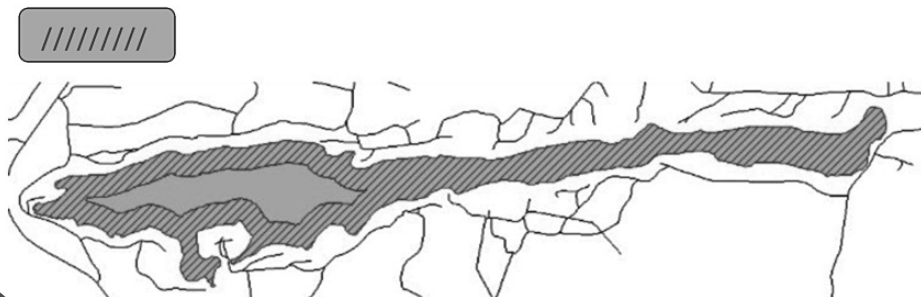


Reminder: the date to remove your temporary car shelter is May 15, 2022. If you have difficulty removing your temporary car shelter on time (company not available), contact the municipal office (450-562-2025) to notify us.

FOR OWNERS AND GUESTS OF LAKE BARRON

It is important to protect the water quality of Lake Barron!

A valid permit from the Municipality of Gore must be displayed on all motorized and non-motorized boats. When an operator is on the lake, he must have a valid Pleasure Craft Operator Card. The boat must be washed before each launch to avoid the introduction of aquatic invasive species to Lake Barron. It is important to RESPECT THE ZONES WITHOUT WAKE (marked) located 30 meters from all the shores and in all the narrow part. Waves created by boats destroy shoreline, wildlife, property and water quality.



A "no-wake zone" refers to an area where boats must navigate at a minimum idle speed to maintain forward motion and direction. In a "no-wake zone", not all boats should produce a wake.

ENVIRONMENT

SPRING CLEANING

Each year, melting snowbanks reveal a lot of trash that has been buried over the winter. We invite you to clean your property and remove this waste (roadside, ditch, edge of the forest, shoreline, stream, etc.).

It is then important to sort the trash in order to determine if you should put it in the garbage, recycling or composting bin. Wildlife, vegetation and the Municipality of the Township of Gore thank you!



CLIMATE CHANGES

The consequences of climate change are no longer in question. Increased precipitation, strong winds and extreme weather conditions are part of our daily spring routine. The advent of these phenomena places additional stress to private and public infrastructures which must withstand these more extreme conditions. The latest IPCC report is very clear, it is imperative to significantly reduce our greenhouse gas emissions to slow global warming. Without radical changes, we will see an irreversible loss of biodiversity and ecosystems. The impact of these changes on human health is also causing a lot of concern among the world's population.

People with health problems or particular conditions will also be more sensitive and vulnerable to changes, such as heat waves, smog and the appearance of new diseases. Eco-anxiety is also becoming more common, especially among younger people, but the picture is not all bad. According to researchers, it is possible to reach the target of not exceeding 2°C warming. Measures must therefore be taken very seriously to be able to reach this objective in 2030, and become a carbon-neutral planet by 2050. It may seem small to compost at home, to consume locally or to reduce the use of the car, but every small gesture counts.

COMMUNITY GARDEN OPENING DAY

On Saturday, **June 4, starting at 9:00 am**, our community garden will have its annual opening. Again this year we are planning a wonderful variety of fruits and vegetables, herbs and edible flowers. Don't forget your gardening tools (shovel, gloves, hat, rake, etc.), a bottle of water and your cheerfulness to participate in our beautiful project. A Facebook group is available for all residents who wish to get involved and learn more about harvest dates and maintenance schedules.



45 Cambria next to the dog park



Jardin communautaire de Gore community garden

Starting at 9:00 AM on Saturday, June 4th, we will have our annual planting session at the community garden. Again this year, we are planting a wonderful variety of fruits and vegetables, herbs and edible flowers. Come and participate in this beautiful project. Don't forget your gardening tools (shovel, gloves, hat, rake, etc.), a bottle of water and your cheerfulness! A Facebook group (Gore community garden) is available for all residents who wish to get involved and learn more about harvest dates and maintenance schedules.

ENVIRONMENT

REMINDER : MAINTENANCE OF SEPTIC SYSTEMS

Don't forget to empty your septic systems every 2 years for a main residence and every 4 years for a second home. In addition, owners of sealed tanks must empty their systems according to their use, to avoid any overflow or backflow. Septic systems consisting of an advanced secondary system must be bound at all times by a maintenance contract with the company in charge. It is important to send the Municipality all copies of your septic system invoices as well as your annual maintenance contracts. Septic installations are governed by the Provincial Law Q-2.r.22. Any violation of this law is subject to fines up to \$1000 applicable by the Municipality. If your installation is violation of the By-Law, a letter will be sent to you shortly.

FOOD WASTE

The sharp increase in food prices is a source of concern and insecurity for many families. To ensure good management of our purchases and optimal use of food, it is essential to reduce food waste as much as possible. Did you know that 63% of food that is thrown away could have been consumed? In one year, a family can waste an average of 140 kg of food. This could represent a sum of about \$1,100 per year. In Canada, 2.2 million tons of food are wasted each year. Overconsumption inevitably leads to harmful effects on our planet, such as greenhouse gas emissions

from transportation and the use of water resources to water crops. What can we do to avoid wasting food? Here are some tips:

- 1- Plan the meals ahead:** When we have an idea of our meals for the week, it is much easier to proceed to the next step.
- 2- Make a grocery list:** It is always better to go to the grocery store with a shopping list. This way, you will buy only the ingredients you need for your planned meals. Don't hesitate to orient your purchases according to the specials of the week.
- 3- Buy only the ingredients needed for your recipes:** There is no need to buy large quantities of fresh produce. They will end up in the compost more often than in your meals.
- 4- Keep leftovers by freezing them in portions:** Did you make too much again? Freeze leftovers in individual portions. It will be easier to thaw them later.
- 5- Enhance foods that have lost their vitality:** Some vegetables are looking a little tired? Why not use them to make broths, soups or others?
- 6- Share:** Vegetable baskets are a great alternative to expensive groceries. Don't hesitate to share with other families or friends to make it even more affordable.

More information is available on the Recyc-Québec website!

WHAT IS WASTED IN CANADIAN HOUSEHOLDS?

J'AIME MANGER pas gaspiller CANADA

Vegetables 30%



15% Fruit



2.2 million tonnes of edible food each year

13% Leftovers



Other* 20%



9% Bakery



Meat 6%



7% Dairy/Eggs



* includes snacks, staples, drinks, desserts, and oil/fat

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You wish to receive the Gore Express by email and information on municipal activities: subscribe to our mailing list by writing to info@cantondegore.qc.ca.

Discover Gore

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Municipal Services

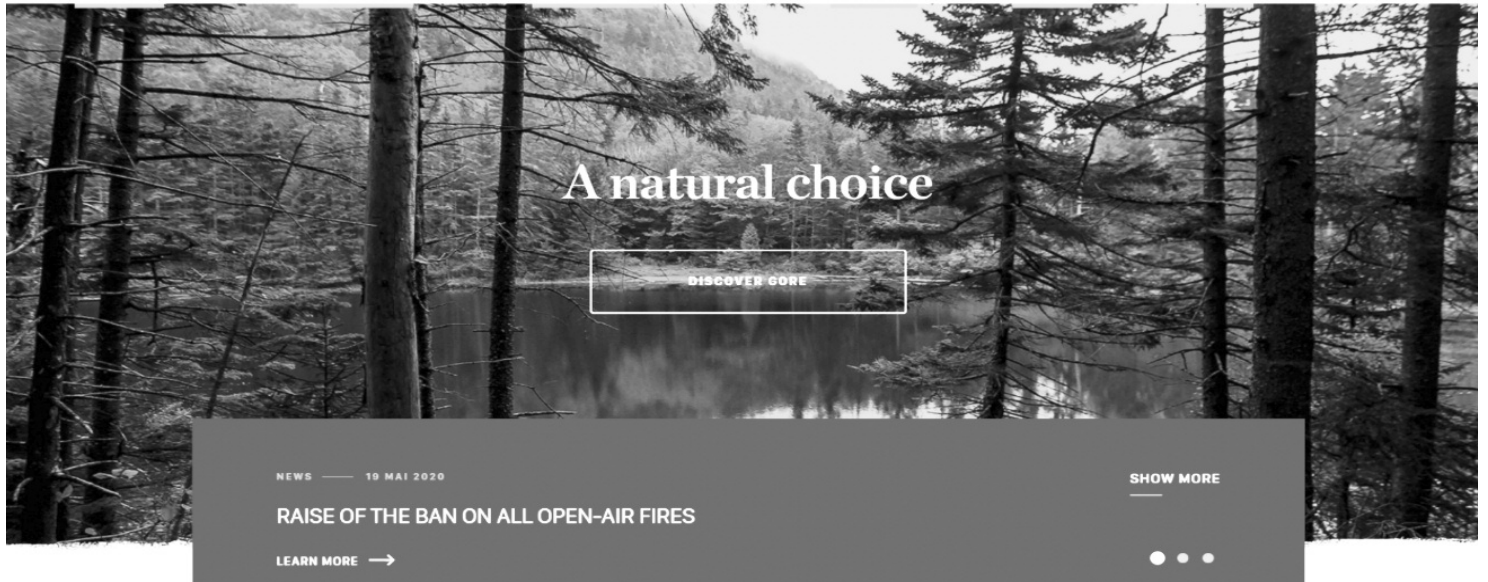


Settle In Gore

Publications

Join Us

FR



Suivez nous sur le WEB pour toute l'info à jour : www.cantondegore.qc.ca et sur Facebook.

MONTHLY CALENDAR

MAY 2022

S	M	T	W	T	F	S
1	 Municipal Council – 8 pm	2	3	4	 Garbage + bulk items	5
8	9	10	11	 Recycling	12	13
MOTHERS' DAY						
15	16	17	18	 Garbage	19	20
22	23	24	25	 Recycling	26	27
JOURNÉE DE L'ENVIRONNEMENT						
29	30	31				

PLEASE NOTE: THE WASTE AND RECYCLING COLLECTION SCHEDULE IS SUBJECT TO CHANGE: VERIFY THE MUNICIPALITY'S WEBSITE TO BE AWARE OF CHANGES.

ACTIVITIES

Petit-déjeuner communautaire Community breakfast

June 5 - 9 AM to noon
5 Juin - 9 à midi
Centre communautaire
2 Cambria

5 \$



JOURNÉE DE L'ENVIRONNEMENT - ENVIRONMENT DAY



PARC MUNICIPAL PARK - GORE - 22 MAI 2022



COMPOST - ARTISANS - EAU - ÉCHANGE DE VIVACES - SEMENCES
COMPOST - ARTISANS - WATER ANALYSIS - PERENNIALS - SEEDS

WWW.CANTONDEGORE.QC.CA

COMMUNITY GARDEN

The summer season is upon us and our community garden will be there. This year, different varieties of herbs, vegetables and edible flowers will be available to plant and feast on. To ensure effective maintenance of our garden, we are calling on your voluntary participation. To register, please contact the environmental inspector by email at mlandry@cantondegore.qc.ca. In addition, to ensure good traffic management, a Facebook group will be made available to you very soon to allow you to establish available time slots.

It is important to note that only one family per time slot will be allowed to work in the garden to ensure that current social distancing guidelines are maintained. Hoping that the harvest will be good this year!



SUPPORT FOR CAREGIVERS OF SENIORS



CENTRE
D'ACTION
BÉNÉVOLE

Do you give your time to help a significant other, either a spouse, a family member or a loved one? Yes, then you are a caregiver!

Do you need equipping yourself for the task?

To be listened to and to share your difficulties in complete confidentiality?

Do you feel the weight of this responsibility in your daily life?

Are you exhausted?

Individual meetings, by appointment, will be offered at Hammond Rodgers Mille-Isles Park, starting Monday, May 9th (one day per month) for people from Mille-Isles and the surrounding area.

Anyone with questions or wishing to register is invited to contact Francis Lavigne, senior caregiver advisor at 450-562-7447. Extension 233.

SENIOR'S SOUP

MONDAY, MAY 30 AT THE COMMUNITY CENTER - NOON



Please reserve your place in advance with the municipality at info@cantondegore.qc.ca or by phone at 450-562-2025.



YOGA for all Spring session

April 20th to June 1st, 2022
7 weeks

A fusion of Hatha and Kundalini yoga

A 7 weeks practice to create movement from the tip of the toes to the top of head.

Wednesdays
am : 10:45 à 12:15 (gentle)
pm : 19:15 à 20:45

For more infos or to enroll:
Hélène
514-659-5919
info@anahatamedicina.ca
anahatamedicina.ca

Au Centre communautaire Trinity
105\$ la session

BREATHWORK AND CRYSTAL BOWLS

A beautiful moment of self-connection combining the medicine of breathing with that of the mineral world.

Thanks to the vibrations of crystal and a specially designed soundtrack, you will be transported on a journey within yourself. This breathwork session will be guided by Helene D'Astous, breathwork facilitator, who will be accompanied by Francine Poulin from Merkadance at the crystal bowls.

Only 6 participants, registration required. Saturday, May 7th, 10:00 to 11:45 am. 56, Cambria road, Gore 44\$

For more information or to register: anahatamedicina.ca/calendrier or info@anahatamedicina.ca

DANCERSISE – COMMUNITY CENTER

It's easy, it's fun and the music is cool.

Tuesday and Thursday 1:30 - 3:15.


You need a mat, stretch band and a hand weight.

The class is free but donation for the Christmas baskets would greatly.

For informations: Lynne Powell - 450-432-2156



ACTIVITIES

<p>STUDIO L'AUTRE VERSANT</p> <p>CLASS SCHEDULE</p> <p>Spring 2022 - From May 16th until July 8th</p> <p>At L'Autre Versant 180 Tamaracouta in Mille-Isles</p> <p>Register in advance : 514-572-4287 studio@ressourcement.ca ressourcement.ca</p>		
<p>MONDAY</p> <p>17:30 Line dancing 1 and 2 19:00 Cardio Pilates</p>	<p>TUESDAY</p> <p>17:30 Contemporary Dance 19:00 REFIT</p>	<p>WEDNESDAY</p> <p>17:15 Dance 3-6 yrs old 18:00 Dance 7-11 yrs old 19:00 Soft Yoga</p>
<p>THURSDAY</p> <p>19:00 Rev+Flow</p>	<p>FRIDAY</p> <p>9:00 Soft Yoga</p>	<p>SUBSCRIPTIONS :</p> <p>- 1x/week 96\$+tx 6 classes punch-card 90\$ - 2x/week 172\$+tx - Illimited 216\$+tx</p>

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Township of Gore, Qc

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