



The Express

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

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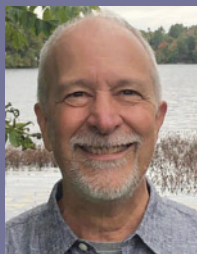
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A WORD FROM THE MAYOR

General store project

Today, I would like to highlight the immense contribution of the Gore Socio-Economic Development Committee to the community life of our municipality, and more particularly for their contribution to the realization of the general store project. Thanks to citizen involvement, we will be able to carry out this major project for our community. In the past, no promoter has succeeded in putting forward a real and feasible project. This is why citizens have taken the file in hand and are taking concrete actions to bring the project to a successful conclusion. The municipality is proud to count among its residents people ready to get involved and we will support them in their project.



Recreation, Outdoors and Community Life Department

A few months ago, our activities manager resigned and we therefore began a staffing process to fill this important position within our community. With the increase in our permanent population (20% increase at the last census), we have taken the opportunity to restructure our offer in recreation and community life and remodel the department, which will now also take care of the development and management of the Lake Beattie Nature Park. We welcome among us Mr. Paul Gervais, as Director of Recreation, Outdoors and Community Life and Mrs. Alison Kilpatrick as Coordinator of Events and Activities. Mr. Gervais is an experienced recreation and outdoor manager and Ms. Kilpatrick has many years of experience as a recreation and community service professional. Welcome them both to our team! Their presence allows us to relaunch several municipal activities and also to structure our recreation offer.

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

Your mayor
Scott Pearce

SCHOOL SUPPLIES PROGRAM

As in 2021, the distribution of school supplies for families in need will be organized. Please note that only permanent residents of the Township of Gore can benefit from the School supplies program. School bags will be distributed only to new participants in the school supplies program. To register for the program, call Rose Manconi at **514 949 4281**.

If you would like to DONATE to the school effects program, please do not hesitate to contact Ms. Manconi and donate generously for the children of Gore.

CONGRATULATIONS TO ALL OF OUR GRADUATES!

On behalf of municipal Council and all staff, we would like to congratulate all of our 2022 graduates. This year has again been marked by the pandemic and your degree is well deserved. We are very proud of you all and you should be proud of yourselves. We wish you the best in your future endeavours.



MUNICIPAL INFOS

GENERAL STORE PROJECT

The first general meeting for the establishment of the general store was held on Tuesday, June 21 at the Gore Community Centre, where about 20 people attended.

After examining the various legal forms that the general store could take and presenting the mission, vision and values that must underlie this new entity, it was agreed to create an NPO.

A founding board of directors has been elected that will set out the rules and steps to be followed. A general meeting convened by the same board of directors to ratify these regulations and proceed with the registration with the Register of companies.

You will find on the Go Gore and CCDSGore Facebook pages the elements that were presented.

COMMUNITY FLEA MARKET

Municipal park – 45 Cambria road

July 30th (postponed to the 31st in case of rain) – 9 a.m. to 4 p.m.

Book your place before July 26

\$10 to register and an additional \$5 for a municipal table. Limited number of tables available. All profits made from table rentals will be reinvested in our own community life and will go towards the school supplies program.

For more details and reservations contact:

Sakina Khan at 450 592-0660.

COMMUNITY GARDEN

Our community garden overflows with magnificent varieties of flowers, herbs and vegetables. To take full advantage and above all to obtain a superb harvest, we share with you some tips for harvesting some of our varieties.

Lettuce

When the leaves are green, harvest those on the outside of the plant first. It is important not to cut the entire plant to ensure that it will continue to produce throughout the season. The same picking method applies for arugula, spinach and kale.

Peppers

When the peppers are ready and very ripe, it is imperative to harvest them with scissors or a small sharp blade without tearing them off. The plant can then continue to produce many other vegetables.

Beans

Harvest the beans while they are crisp using scissors or gently with your hands. It is important to remove the pods before they are too hard to avoid weakening the plant.

Herbs

Pick the leaves as you go and sparingly using scissors or a small knife. It is recommended to prune the basil above a double separation to make it more vigorous and to cut the flowers.

Visit our Community Garden Facebook group for more information or contact Christine Amyot-Cantin at the municipal office!

LES SENTIERS DE GORE



NOTES FROM AGM

15 people were present at our fifth Annual General Meeting that was held at the Gore Community Center on May 29th. We reviewed our accomplishments of 2021, presented our financial reports as well as ongoing projects planned for 2022 and 2023. To get involved or to find out more about what we do, please

visit our website at lesentiersdegore.com and subscribe to our newsletter.

The eight current administrators are Elisabeth van Eyken, Pier Blais, Janick Roy, Louis-Guy Reid, Christian Dumas, Lina Lebeau, Jean-François Hamilton and Brigitte Bureau.

TRAIL MAINTENANCE DAY OF JUNE 18TH

Many thanks to the volunteers that helped us cut down the hazardous dead trees along the trails of Denommé Park. We also improved the safety of the small bridges spanning the creeks and brooks. Thanks to you, this park

is being embellished and giving Gore residents an opportunity to safely walk in a place of calm and beauty.

If you want to help us on the trails, here are the upcoming trail maintenance days:

- **July 17th** from 9 AM until 11:30 AM at Pioneer Park, 45 Cambria Road to cut hazardous trees. We will therefore require chain saws and people who are trained to handle them.
- **July 30th** from 9 AM until 11:30 AM at Denommé Park (0.6 km from Cambria).

Bring your loppers, a pair of gloves and your good humour!



ENVIRONMENT

LAURENTIAN COMPOSTING MISSION PROJECT

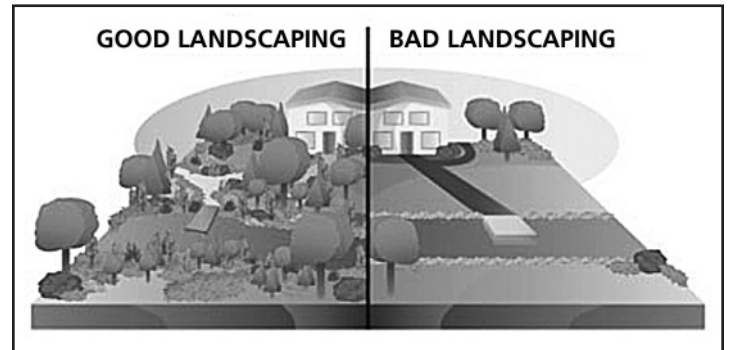
We are very proud in Gore to have on our territory an incredible CPE, Le Rêve de Caillette. Recently, the CPE was named "Proud Participant" of the Laurentian composting mission project, led by Synergie in collaboration with the MRC of Argenteuil. We would like to congratulate the CPE for their good habits in managing their residual materials, and for their willingness to always do more. The implementation of composting at the CPE will potentially allow for the re-direction of 6.17 tons of material per year from landfill sites. Congratulations to the entire CPE Le Rêve de Caillette team, thank you for your exemplary involvement!



SHORELINES

The arrival of summer means beautiful weather, flourishing vegetation and outdoor activities. It is also time to resume inspections of the shorelines on our territory. Lakefront properties will be visited by inspectors during the summer to ensure the compliance of your shoreline and to assist you in improving your lakefront protective zone. To encourage our citizens to participate in this campaign, we are once again holding the "Most Beautiful Shoreline" contest.

Send us your pictures of your shoreline at the following address: mldry@cantondegore.qc.ca. The winners will be announced at the end of the summer in the Gore Express. Thank you very much for your participation and have a great summer!



BARRON LAKE RESIDENTS ASSOCIATION

Info : president@lbca.ca

Join us today by becoming a member of the Lake Barron Waterfront Association. Take part in the future of the lake and have fun!

Social Events August 20, 2022:
East-West Swim and Paddle

August 20, 2022:
Movie night under the stars



Nautical safety

Clean and inspect all boats before launching: obtain your boat access permit from the municipality of Gore, by calling the municipal office 450 562-2025.

We have established new no-wake zones that aim to protect shorelines, wildlife, water quality and your investment. Large white buoys mark the NO WAKE zone in the narrow section. A large white buoy is located at the western end of Cottage Road Bay — NO WAKE. The NO WAKE zone must be respected within 30 meters of all shorelines.



- NEW LARGE WHITE BUOYS MARK NO-WAKE ZONES ○
- EXISTING LARGE BUOYS MARK NO-WAKE ZONES ●
- NO-WAKE FROM EAST END THROUGHOUT NARROWS

****DO YOUR PART – RESPECT*PROTECT*SAFETY****

COMMUNITY

Joint Events – Community Breakfast and Activity for the Little Ones – July 3, 2022

After two years of absence - next July 3 will mark the return of activities for the little ones at the Community Center. Whether you go to the community breakfast or not, the children are invited to a plastic arts activity on the theme of Bees in the basement of the Community Center. Join us in large numbers. This is a free activity.



**Arts Plastiques
Arts & crafts**

Activité pour les petits
Kids Activity
July 3 juillet

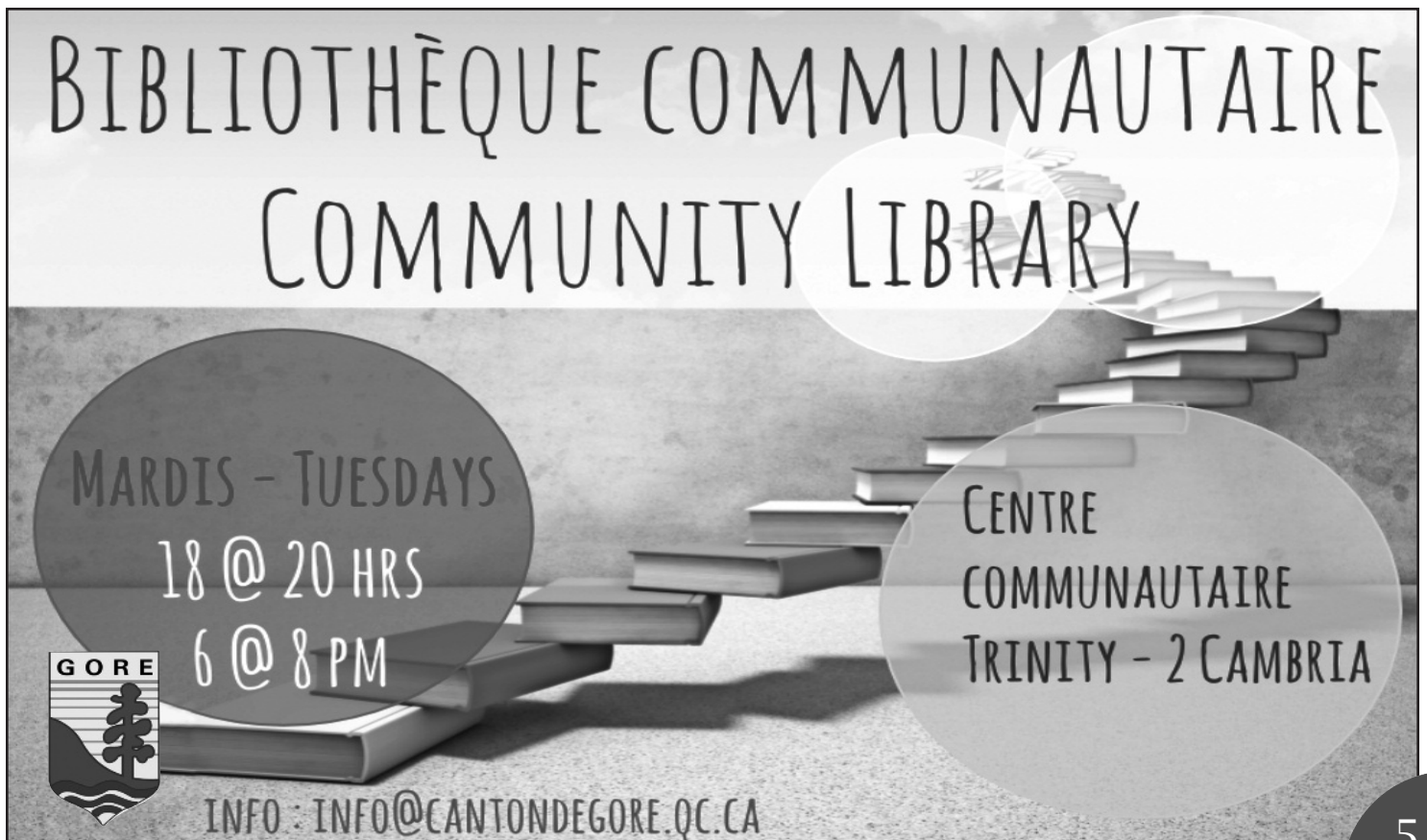
Pendant le petit-déjeuner communautaire – Centre communautaire
9hrs à 10hrs AM – 3 juillet 2022
- During the community breakfast – Community center
9 to 10 AM – July 3rd 2022



**Petit-déjeuner communautaire
Community breakfast**

July 3rd - 9 AM to noon
3 Juillet - 9 à midi
Centre communautaire
2 Cambria


5 \$



**BIBLIOTHÈQUE COMMUNAUTAIRE
COMMUNITY LIBRARY**

MARDIS - TUESDAYS
18 @ 20 HRS
6 @ 8 PM

CENTRE
COMMUNAUTAIRE
TRINITY - 2 CAMBRIA



INFO : INFO@CANTONDEGORE.QC.CA



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pour 2 personnes

Panier de fruits et légumes frais

18\$

pour 4 personnes

panier de fruits et légumes frais

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*Pour toute information et commande, contactez-nous :

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Lachute, Québec

cafepartage.com

450 562-0987

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ACTIVITIES

STUDIO L'AUTRE VERSANT

Summer 2022 - From July 18th until September 9th

Prices :

- 1x/week 96\$+tx
- 2x/week 176\$+tx
- Illimited 256\$+tx
- 6 classes punch-card 90\$

Register in advance :

ressourcement.ca
514-572-4287
studio@ressourcement.ca



A positive and accessible fitness experience for everyone!



Schedule

REV+FLOW

This class dials down the pace and cranks up the intensity by connecting strength, balance, and flexibility. Please bring a mat and 2-5 lb hand weights.

- **Monday 10:00 am** at 180 Tamaracouta Road in Mille-Isles

- **Thursday 6:30 pm** at Hammond Rogers Park, 1295 Mille-Isles Road

REFIT®

This cardio-focused class combines powerful moves with positive music for a challenging, effective and FUN workout.

- **Tuesday 18:30** at Core Municipal Park, 45 Cambria Road

- **Friday 10:00 am** at 180 Tamaracouta Road in Mille-Isles

DANCERSIZE

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

Community Center
2 Ch. Cambria

Tuesday and Thursday
1:15 p.m. - 3:00 p.m.

You need a mat, an elastic band and a hand weight.

This course is free. Or a donation towards the Gore Christmas Baskets would be appreciated.

For more information, please contact Lynne Powell at **450 432-2156**.



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À L'EXTÉRIEUR SOUS UN TOIT
BEAU TEMPS MAUVAIS TEMPS
(L'ADRESSE SERA REMISE AUX PARTICIPANTS)
12\$

du 25 juin au 16 juillet

INFOS
HÉLÈNE D'ASTOUS
514-659-5919
INFO@ANAHATAMEDICINA.CA
ANAHATAMEDICINA.CA



7.7.2022

Un moment de connexion à la communauté et à soi-même.

19:30 à 21:00



Apprivoiser le souffle, une respiration à la fois

Centre communautaire
Trinity

contribution
volontaire

For more info or to register:
Hélène (514) 659-5919
info@anahatamedicina.ca



BAIN DE FORÊT



23 juillet 2022
Canton de Gore
Laurentides



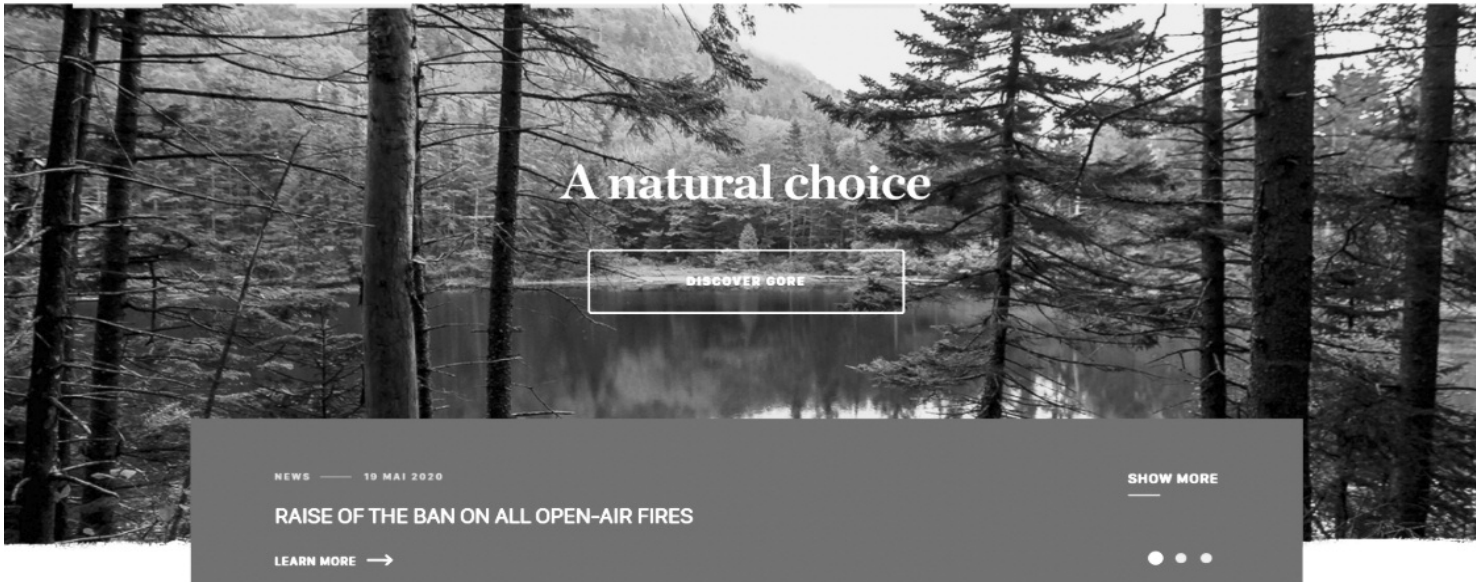
Aligning to the rhythm of the earth, calling on the elements and ancestral wisdom...

This summer, during our forest bath linked to the water element, I invite you to foray into the shamanic world of the peoples of the south. We will discover what a flower bath is and make our own "agua de florida". For more information on the activity or to register:

Hélène : 514 659-5919 • info@anahatamedicina.ca • anahatamedicina.ca

FOLLOW US ON THE WEB

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.



For all the up-to-date information: www.cantondegore.qc.ca and on Facebook.

MONTHLY CALENDAR

JULY 2022

S	M	T	W	T	F	S		
					1	2		
3	 Municipal Council – 8 pm	4	5	6	 Recycling	7	8	9
10	11	12	13	 Garbage + bulk items	14	15	16	
17	18	19	20	 Recycling	21	22	23	
24/ 31	25	26	27	 Garbage	28	29	30	

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

SUPPORT FOR CAREGIVERS OF SENIORS

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 Lavigneur, senior caregiver advisor at 450 562-7447. Extension 233.



CENTRE
D'ACTION
BÉNÉVOLE

**Cours de chants
à Gore de 6 à 99 ans**

Je me nomme Kellyane Blain, je suis résidente à Gore depuis ma naissance et je suis fière de contribuer à la culture artistique de notre coin. Je viens tout juste de terminer ma technique en interprétation en théâtre musical à l'École de théâtre professionnelle du Collège Lionel-Groulx.

J'offre maintenant des cours de chant individuel dans le petit studio de notre demeure familiale à Gore. Lors du cheminement, l'artiste aura également la chance d'être enregistré afin d'auto-évaluer son évolution. Un petit concert intime de fin d'été est prévu. Ces cours sont pour les débutants ou intermédiaires.



POUR INFORMATIONS OU INSCRIPTION :

Téléphone : 514-891-3272

Courriel : kellyane_blain@hotmail.com

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Les Contacts de Lori
Lori's Links

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web: www.lorislinks.com

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