



The Express

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

VOLUME 13, NUMBER 02 – MARCH 2023



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Graphic design and printing:
Les Publications Municipales Inc.
1 877 553-1955

A WORD FROM THE MAYOR

Wetlands are very important ecosystems for our planet because they support a great diversity of plants and animals. They also act as natural climate regulators by absorbing and storing carbon from the atmosphere. Wetlands also have an important function in the water cycle, acting as sponges to absorb rainwater, which helps regulate floods and recharge groundwater.



Unfortunately, wetlands are under threat due to urbanization, agriculture, pollution, and climate change. It is therefore essential to protect them to preserve their biodiversity, ecological function, and role in maintaining water quality. Protecting wetlands is also crucial for fighting climate change and ensuring the long-term sustainability of ecosystems.

In order to contribute to the preservation and valorisation of wetlands, the municipality has decided to name important wetlands on the territory of the township, just as lakes, rivers and streams are named. We will soon contact owners who have significant wetlands (marshes, swamps, bogs, ponds of approximately 7000 square meters or more), on their property to propose names for their wetland. The names chosen will reflect the history of our canton. We will also identify key plant and animal species present in the wetlands of our territory. From our knowledge, we are the first municipality in Canada to name our wetlands. For any information on this project, contact the municipality at info@cantondegore.qc.ca and we will be happy to give you information on this innovative project.

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

Your mayor
Scott Pearce



ENVIRONMENT

Environmental Policy Axis #6 : Environmental nuisances

The environment plays an important role in the quality of life of residents. Noise, light, visible nuisances and sanitation are among the problems of this area of intervention. The Municipality of the Township of Gore therefore assumes the responsibilities related to the state of the environment and nuisances for the benefit of its citizens.

1. Territorial cleanliness

- a. Application of the regulations in force and of the penalties applicable in cases of infractions;
- b. Adopt regulatory changes as necessary to improve the condition of the environment;
- c. Identify and reduce the impact of nuisances on the territory;
- d. Focus on guidance and active participation of citizens in achieving results.

2. Public security

- a. Maintain close collaboration with the Sûreté du Québec and the fire protection service to ensure the safety of citizens and limit health and security risks;
- b. Conduct follow-ups and prevention visits to ensure fire safety and good practices to be applied in everyday life;
- c. Raise awareness about the importance of annual chimney sweeping.

3. Septic systems

- a. Supervise the replacement and upgrading of installations that are no longer compliant or functional;
- b. Closely monitor the frequency of septic systems cleaning and their maintenance contracts, if applicable;
- c. Investigate the possibility of reinstating the Eco-loan program, which provides financial assistance for the replacement of septic systems with contamination risk.



A vertical poster for Environment Day. The top section has the text 'ENVIRONMENT DAY' in large, white, sans-serif font against a dark background. Below this is a photograph of a small, young tree. The next section contains the text 'MUNICIPAL PARK - GORE - 20 MAI 2023' in white. Below that is a photograph of a pair of hands holding a small amount of soil. The text 'COMPOST - WATER ANALYSIS - PERENNIALS - SEEDS - TREES AND MORE!' is written in white over the bottom of the hands. The final section at the bottom has the text 'Reserve your spot, with Paul at (819) - 507 - 1979 or Pgervals@cantondegore.qc.ca' in white.

World Water Day: March 22, 2023

The United Nations promotes many world days each year. March 22 is World Water Day, highlighting the crisis of water availability and sanitation. In our country where water resources are abundant, it is difficult to imagine a world where access to clean water is so limited that the health of populations is affected. Today, approximately 2 billion people on Earth do not have access to clean water. Protecting our water resources may seem like an enormous task for one person, but it is possible to do your part every day by adopting good habits:

- Turning off the tap when brushing your teeth;
- Take shorter showers;
- Clean the shores of streams, lakes and wetlands near your home;
- Reuse rainwater.

The hummingbird was chosen as the emblem for this day because legend has it that the hummingbird tried to put out a forest fire drop by drop, doing everything it could. If we all act like a hummingbird, together we can put out big fires. For more information, visit www.worldwaterday.org.



March Snow March!

The 9th annual March Snow March will be held on **Saturday March 11th**. Come explore the 6th Range of Gore during a snowshoe hike accompanied by Jean-François Hamilton and Les Sentiers de Gore.

Meet us at **9 a.m.** in the parking lot of the Municipal Park (45, Cambria Road). We will then head by car towards the departure location of the hike. This 3 hour off-trail snowshoe hike will test your hiking and outdoor skills. Bring snowshoes, water and a snack.

Reservation is not mandatory, and the activity is free. To follow us online, register to our newsletter on www.lessentiersdegore.com. Looking forward to seeing you!



Interested in history and heritage?

CANDIDATES WANTED LOCAL HERITAGE COUNCIL

The municipal council is seeking nominations for the new Local Heritage Council (LHC) to be established in Gore. The LHC is a committee that advises and makes recommendations to the municipal council on all matters relating to the protection of Gore's cultural and historical heritage. For example, the LHC gives its opinion on the designation of heritage cultural landscapes, the citation of a heritage asset, on questions relating to the knowledge, transmission and enhancement of the Municipality's heritage, etc. It also contributes to the protection and knowledge of the cultural and historical heritage of the Township of Gore by making representations to the municipal council and the MRC of Argenteuil or by organizing events and activities related to heritage.

The LHC will meet at least twice a year. It will consist of 5 members, including a member of the municipal council and at least two permanent residents of Gore.

To submit your application, please send your name, address and a short text detailing your interest in the heritage of our township to info@cantondegore.qc.ca before March 20, 2023.

DÉJEUNER PARTAGE
LES LUNDIS DE 8H30 À 11H00
2\$ PAR PERSONNE

Café Partage
d'Argenteuil

DÈS LE 30 JANVIER 2023
UN BON REPAS, EN BONNE COMPAGNIE
Pour plus d'information (450) 562-0987

You don't know the Café Partage?

Café Partage d'Argenteuil, a community organization in Lachute, prepares affordable fruit and vegetable baskets every two weeks (between \$14 and \$22). These baskets are delivered directly to Gore, at the community center, on Thursdays at lunchtime. It will ALSO now be possible to pick it up on Thursday NIGHT between 6 and 8 p.m. in the basement of the Community Center. The only condition is to have paid it in advance.

Café Partage also offers an economical Grocery Service and frozen prepared meals, which they deliver to Gore at the same time as the fruit and vegetable baskets. If you would like to consult the list of all the products offered in the grocery store – do not hesitate to contact Café Partage or consult their Facebook page: www.facebook.com/cafe partage argenteuil.

**To join the Café Partage d'Argenteuil:
450-562-0987.**

The Canadian Short Story Experience

Late registrations are accepted and welcomed for this TMI session of 'Canadian Short Stories'. Register through the TMI website with a credit card, or, call at 514-035-9585.

Winter session of "Lifelong Learning in the Liberal Arts" through the Thomas More Institute is starting on Fridays, from 1 to 3 pm, at the Gore Community Center starting January 20 for 10 weeks. All are welcome.

Cost is \$25 for all attendees who wish to register, payable to TMI by credit card, or through the TMI website.

Readings of Canadian short stories from different epics are supplied for friendly exchanges, no exams are necessary. Readings can also be obtained for registered attendees on the TMI website.

TMI looks forward to sharing this informative and pleasant experience with all who enjoy interchanges of ideas in a friendly setting.

Petit-déjeuner communautaire
Community breakfast

March 5th / 9AM to noon
5 Mars / 9hrs à midi
Centre communautaire
2 Cambria

*3\$ pour les enfants /for the kids



AU CENTRE COMMUNAUTAIRE TRINITY
AT THE TRINITY COMMUNITY CENTER



SOUPE COMMUNAUTAIRE
COMMUNITY SOUP
27 MARS/MARCH 2023

rsvp 819-507-1979

pgervais@cantondegore.qc.ca



STUDENT POSITION
PARK ATTENDANT

Apply at pgervais@cantondegore.qc.ca

Park ATTENDANT - SUMMER 2023
SALARY : 20\$/HOUR

- Greet visitors & collect entrance fees
- Inform about the activities offered on the site
- Clean and maintain outdoor equipment
- Perform trail inspection

Participate in a friendly and professional working atmosphere
Active and empathetic listening to costumers



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training

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team

Good
salary



To apply :

Contact Luc Gauthier
lgauthier@cantondegore.qc.ca
450-562-2025 ext 3528

GORE'S WINTER CARNIVAL




MARCH 4TH 2023

AT THE MUNICIPAL PARK,
45 CHEMIN CAMBRIA - 10A.M.

- COMPASSING AND MAPS
- SLIDE AND BOWLING SLIDE
- MINI FARM
- PHOTOMATON
- AXE THROWING
- FIREFIGHTER EVACUATION PRACTICE
- MINI HOCKEY/RINGETTE TOURNAMENT
- INFORMATION COUNTER
- SKATING
- FOOD COUNTER
- ALCOHOL PERMIT
- SLEIGH RIDE
- CAMP FIRE




Winter Camping

1 Parent 1 Child Activity



one evening at Beattie Park in the yurt; in company of Ranger Denis.
Saturday March 11th at 5:00p.m. to 10 a.m. Sunday March 12th

Limited places. to register, contact Paul at (819) - 507 -1979 or Pgervais@cantondegore.qc.ca



EVENT LIST FOR THE MONTH OF MARCH

All Activities start from the Yurt
Reserve your spot with Paul at (819) - 507-1979 or Pgervais@cantondegore.qc.ca

- MECREDI 1** Cross country skiing with Julie at 10 a.m.
- LUNDI 6** Snowshoe hike with Ranger Dave in the Marais trail at 10a.m.
- MARDI 7** Moonwalk hike at 7p.m.
- MECREDI 8** Snowshoe hike with Ranger Djdee at 10a.m.
- SAMEDI 11** Winter Camping with Denis at 5p.m.
Cross country skiing with Julie at 10a.m.
- LUNDI 13** Snowshoe hike with Ranger Djdee at 10a.m.
- MECREDI 15** Snowshoe hike with Ranger Dave at 10a.m.
- SAMEDI 18** Survival courses with Ranger Denis at 10a.m.
- SAMEDI 25** Mocktail 5:00p.m. to 7:00p.m. in the yurt



Storytime with Julie L'heure du conte avec Julie

11 mars - 10:00
Bibliothèque du centre communautaire
March 11 - 10 AM
Community center library



ACTIVITIES

CHAINSAW COURSE

IN GORE AT BEATTIE PARK

16th-17th or 18th of May From 7:30a.m. to 4:00p.m.



16 Hours of Practical and theoretical Courses

To Register, contact Paul at
(819)-507-1979 or
Pgervais@cantondegore.qc.ca

Activité pour les enfants Kids Activity



Dimanche 5 mars - 10hrs
Sunday March 5th - at 10 AM
Centre communautaire Trinity
Trinity Community Center

YOGA for all

SPRING Session

March 29th to 18 May 18th (8 weeks)

Wednesday
8:45 to 10:00am
Gentle Yoga

Thursday
7:15 to 8:30pm
Hatha yoga

Fare
Session : 120\$
2 X week : 180\$
Individual : 20\$

Trinity
Communautaire Center
2, chemin Cambria
Gore

Pour plus d'infos ou pour
inscriptions
Hélène
514-659-5919
anahatamedicina@gmail.com
anahatamedicina.ca

Community Library of



Activities :

First Sunday of the month at 10am :
Children's activity during the community
breakfast

Second Saturday of the month at 10am:
Story time with Julie



Opening Hours

Tuesday 6:00pm to 8:00pm
Thursday 11:00am to 1:00pm
Thursday 6:00pm to 8:00pm
Saturday 9:00am to 11:00am

If you are interested in becoming
a volunteer or developing an
activity in the library, contact
Paul Gervais at 450-562-2025 ext. 3530
or pgervais@cantondegore.ca

LIBRARY EVENT, MARCH 21st 7:00-9:00 pm

Come check out our books - we have lots of suggestions for fire-side reading. And hear what a few enthusiastic Gorian readers have to say about some of their favourite books on our library shelves. Refreshments will be served.

** DANCERCISE **

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

Tuesday and Thursday 1:30 - 3:30.

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

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

Lynne Powell – 450-432-2156

Enjoy winter!!!



MAYOR'S SUPPER FOR ST PATRICK'S DAY

(RANGER) DJ DEE:



*Saint
Patrick's
Day*

SATURDAY, MARCH 18TH, 2023 6P.M.

\$20/BILLET

TRINITY COMMUNITY CENTRE, 2 CHEMIN CAMBRIA

RESERVE YOUR SPOT WITH SAKINA AT

514-557-4383 OR WITH

NATHALIE AT THE MUNICIPAL OFFICE 450-562-2025

Groupe de **CONVERSATION ANGLAISE**

Hi

How are you?

Ce cours de conversation anglaise est proposé à tous les employés du CISSS des Laurentides qui souhaitent améliorer leur anglais de conversation. Il sera dirigé par un animateur et abordera des situations et des thèmes spécifiques en relation avec la santé et les services sociaux, ainsi que d'autres sujets d'intérêt.

L'initiative est indépendante du PDRH et sur une base complètement volontaire.

Pour vous inscrire, veuillez envoyer un courriel en utilisant votre adresse CISSS à info@4korners.org

Dates et heures à confirmer en fonction des disponibilités des participants.

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www.4korners.org

**Centre intégré
de santé
et de services sociaux
des Laurentides
Québec**

MUSIC

THE MUNICIPALITY OF GORE IS
PREPARING A SCHEDULE OF MUSICAL
PERFORMANCES



Any Musicians who wish to take part in the 2023
Schedule!

contact Logan at 450-562-2025 Poste: 3530 or
loisirs@cantondegore.qc.ca

JOIN US FOR A
WALK AT 7 PM AT
BEATTIE PARK FOR
OUR

FULL MOON NIGHTS

FEBRUARY 5 2023 - SNOW MOON

MARCH 7 2023 - WORM MOON

APRIL 6 2023 - PINK MOON

RSVP with Paul
pgervais@cantondegore.qc.ca
(819) 507-1979



Do you want to age in your community as long as possible?

Are you 65 years or older?

Do you speak and understand English?

Do you live in the Argenteuil's region (MRC)?

Participate in the research project *Mieux soutenir pour bien vieillir dans les Laurentides !*



We are asking for your participation in a group meeting to:

- Identify barriers and learn about your needs to be able to age at home.
- Identify the practices to be developed to promote aging at home and in your community.
- Highlight your ideas and solutions.

This focus group:

- is approximately 2 hours in length
- will take place at Gore Community Center, 2, chemin Cambria, Gore, J0V 1K0
- March 27th, 1:30pm

The discussion will be **recorded** for research purposes. Your **anonymity** will be preserved in the search results. A snack will be provided on site and a \$30 compensation will be offered.

For more information or to indicate your interest in participating in this discussion, please contact

Olivier Laau-Laurin

@: laao03@uqo.ca

Telephone: 514-805-9316

Santé et bien-être des aînés à Mille-Isles

Seniors Health & Wellness *in Mille-Isles*

Activities take place in English and are open to all!
Les activités se déroulent en anglais et sont
ouvertes à tous!

Decluttering for your health (video presentation) & Chair Exercises
Le désencombrement pour votre santé (présentation vidéo) et exercices sur chaise
Jan. 9, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social
Jan. 23, 2023 | 13:00 - 15:00

Fall Prevention (video presentation) & Valentines Tea Social
Prévention des chutes (présentation vidéo) et thé social de la Saint-Valentin
Feb./fév. 13, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social
Feb./fév. 27, 2023 | 13:00 - 15:00

Chair Yoga & Tea Social | Yoga sur chaise & thé social
Mar. 6, 2023 | 13:00 - 15:00







St Patrick's Day Social and Trivia - Wear green, bring your Irish spirit
Fête sociale et jeu-questionnaire de la Saint-Patrick - Portez du vert, apportez
votre esprit irlandais
Mar. 27, 2023 | 13:00 - 15:00

Registration | inscription: info@4korners.org | 450-974-3940 ext. 601
1262 Chem de Mille Isles, Mille-Isles, Quebec, J0R 1A0
For more information contact | Pour plus d'informations, veuillez contacter
info@4korners.org or Darina Belanger at Mille Isles 450-438-2958 ext. 2610



MONTHLY CALENDAR

MARCH 2023

S	M	T	W	T	F	S
			1	 Recycling	3	4 GORE'S WINTER CARNIVAL
5 Community Breakfast Kids Activity	6  Municipal Council – 8 pm	7 Full Moon Night	8	9  Garbage + bulk items	10	11 Winter Camping Sentiers de Gore Storytime with Julie
12	13	14	15	16  Recycling	17	18 Mayor's Supper
19	20	21 Library Event	22 World Water Day	23  Garbage	24	25
26	27 Community Soup	28	29	30  Recycling	31	

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

YOUTH SECTION

THE 7 ERRORS

Our artist reproduced this drawing and has voluntarily modified 10 details... If you look carefully, you will surely find them yourself!



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- Child birth
- Self Confidence
- Memory enhancement

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HUMANIA



Louis-Marie Miljours

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📞 (514) 915-5050

As a residential real estate broker and your neighbor for 7 years, it would be my pleasure to assist you in your future plans to sell, buy or rent a property.

Hope to meet you.



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