



# The Express

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

VOLUME 12, NUMBER 10 – NOVEMBER 2022

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*Céline*  
TREMBLAY  
PHOTOGRAPHE

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MUNICIPALITÉ DU CANTON DE GORE  
9, Cambria Road  
Gore (Québec) J0V 1K0  
Tel.: 450 562-2025  
Email: jboyer@cantondegore.qc.ca

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## A WORD FROM THE MAYOR

Dear fellow residents,

Winter is fast approaching and it is time to think about snow tires to keep you safe. We start to receive snow and freezing rain here in GORE long before the government mandates winter tires. While the snow removal people on the 329 and our municipal roads do their best, sometimes driving can be treacherous. Black ice on the 329 is common and studded tires are often the best way to go. As I have said in the past, it is a good idea to own a generator. For those who already own a generator you might want to do some maintenance, charge your battery and put some fuel stabilizer in your snowblower and your generator.



The early part of winter is often times the most dangerous part of the season because of slush and black ice, as winter moves on colder temperatures are actually better for driving if not for our morale. We rely on your input to ensure the safety of your fellow residents so if you see that the 329 is dangerous please call the minister of transport of Quebec at this number, and alert them of the issue. The municipality often calls the minister to complain but they consider that just one complaint so it is important that you work with us and make calls yourselves to make them react and ensure a safe 329. If it is the municipal roads that are unsafe or unploughed please call the municipal office at 450-562-2025. The snow removal is that sourced to private companies based on tenders so we need to know where they are having issues and where they are performing well to ensure the best service for the price. Thanks as always for your cooperation!

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

Your mayor  
**Scott Pearce**

## CLOSING OF THE COMMUNITY GARDEN

On Friday, **November 4<sup>th</sup>**, the Gore Community Garden will be officially closing. By 9:00 am we will be ready to harvest the last of the crops and prepare the garden for the winter season. Bring your gloves, gardening tools and your smile to close this beautiful season. For more information, please refer to the Community Garden Facebook group or email [mlandry@cantondegore.qc.ca](mailto:mlandry@cantondegore.qc.ca).

Thank you for your participation!



## MISCELLANEOUS INFORMATION

### Program to support the purchase of cloth diapers and personal hygiene products

In 2021, the Municipality set up a grant program to encourage the purchase of washable diapers, available to all permanent residents who have welcomed a new little citizen during the year. In the spirit of waste reduction and ecological transition, we have decided to offer financial assistance for the purchase of personal hygiene products. In a lifetime, a person will use more than 7000 disposable hygiene products made of plastic and petroleum by-products, which represents more than 771 million of these products buried annually. Reducing waste at the source allows us to limit the transportation of residual matter, which also reduces the emission of greenhouse gases, a major cause of climate change. We are offering up to a \$100 grant for each permanent resident who meets the following eligibility criteria:

- 1- Proof of permanent residence;
- 2- Invoice of the hygiene products;
- 3- The purchase must be made within the last 12 months;
- 4- Only one grant per resident;

We also encourage the purchase from Quebec retailers and manufacturers. The products eligible for the subsidy are the following:

- 1- Menstrual cups ;
- 2- Washable absorbent underwear;
- 3- Washable sanitary pads and panty liners;
- 4- Reusable toilet paper;
- 5- Reusable tissues;
- 6- Carrying pouches for reusable hygiene products.

The application form will be available on the municipality's website. If you have any questions, do not hesitate to contact the environmental department at [mlandry@cantondegore.qc.ca](mailto:mlandry@cantondegore.qc.ca).

*Thank you for your participation!*



## ENVIRONMENT

### Environmental Policy 2022-2027

#### Axis 3: Natural areas and green spaces

The vast majority of the Municipality of the Township of Gore's territory is covered by forests and various wetlands. In addition to providing habitat for local flora and fauna, natural environments provide many benefits to the community. The multiple functions of ecosystems translate into goods and services for society. Their protection is therefore a priority to ensure the maintenance and sustainability of the environment.

#### 1. Protection of natural areas

- a. Preserve the integrity of the natural environment on the territory of the Municipality ;
- b. Promote green space connectivity and encourage residents to voluntarily preserve natural environments ;
- c. Encourage cohabitation and supervised sustainable use of forestry areas ;
- d. Preserve natural canopies and mature trees with high ecological value ;
- e. Protect conservation corridors with important wildlife and plant species ;
- f. Focus on communication with developers and project managers to ensure an environmentally conscious vision for new developments ;
- g. Raise awareness about the protection of plant species that have an impact on biodiversity, such as milkweed (Monarch butterfly) and melliferous plants (bees).

### Docks regulations

In Gore, we are extremely fortunate to have many lakes! This comes with the privilege of shoreline owners having a dock. In order to install a dock, it is important to apply for a permit to ensure that the dock you are installing is legal (area, materials, length, etc.). Zoning by-law 214 Art. 143 outlines all the necessary conditions that must be met in order for a dock to be permitted. Section 143 (q) specifies « Docks not secured to the shoreline are prohibited ». This implies that any dock that is not securely attached to the shoreline is illegal in Gore.

Planning to install a dock next summer? Contact Christine Amyot-Cantin with your questions and permit application.

[ccantin@cantondegore.qc.ca](mailto:ccantin@cantondegore.qc.ca).



# LES SENTIERS DE GORE



## Back to the Margaret Cook bus ride

About sixty people took part in the Margaret Cook bus ride on October 8<sup>th</sup>.

We visited the places that inspired her writings: the Glen of Wentworth, the abandoned village of Shrewsbury, her home in Sunnyacres in the 6<sup>th</sup> range, the Kerr farm as well as the location of her tombstone in the Holy Trinity

cemetery in Lakefield. Les Sentiers de Gore would like to thank the various owners for granting us permission to visit these historic sites.

The chronicles of Margaret Cook (1897-1975) were published in the Lachute Watchman between 1949 and 1971. Her historical novel Land Possessed, published in 1969, tells the story of the Gore pioneers.

## Movie: The Triumph of Nature

Our film The Triumph of Nature: Margaret Cook and the Pioneers of Gore was selected by the Festi-film de la Beauce to be part of its 2022 edition which took place from September 16 to 18. It was chosen by the organizers for "the beauty of its images and the captivating story of Irish

pioneers who came to settle in North America. This story is that of many municipalities in Quebec." To obtain a DVD (\$10) or USB (\$15) copy of the film, email [info@lessentiersdegore.com](mailto:info@lessentiersdegore.com).

## Thanks to the 2022 volunteers



Les Sentiers de Gore takes this opportunity to thank the many volunteers who have worked hard on the trails. About ten chores took place during the year. Whether it's Parc Dénomée or the Sentier des Pionniers, despite the heat and the cold, the mosquitoes or the rain, your work has made the trails safer and more sustainable. Thanks !

To learn more about Les Sentiers de Gore or to stay informed of our various projects, visit our website [lessentiersdegore.com](http://lessentiersdegore.com) and subscribe to our newsletter.

## ACTIVITIES

### Kathleen and Francine offer you a colorful day!!

*Discussion, mindful dancing, lunch and intuitive painting workshop.*

#### MERKADance

We start the day with Francine Poulin (Fripou) from MERKADance.

#### What is MERKADance?

Dance in consciousness like you've never done before. Awareness of the senses... of your body... of rhythm... This time it will be under the theme of love, self-love, love of others. Thanks to your vessel (your body), you will let yourself be rocked by the rhythms of music, sometimes loud, sometimes soft. Listening to vibrations and what comes in emotions. Welcome to this place in the heart where everything is possible.

And after lunch:

#### Intuitive painting workshop

After moving with your body and creating space within you, Kathleen Picard offers you, under the same theme of the morning, to create it in paint. She will be your guide. No need to think about what you are going to do, or choose the colors. Just let your present moment creativity flow.

*You'll be surprised what you can create without controlling everything.*

#### WHEN?

Monday, November 21, 2022  
From 9:30 a.m. to 3 p.m. (it can end before)

#### WHERE?

Gore Community Center  
2 Cambria road, Gore, QC J0V 1K0

#### HOW MUCH?

\$105 for the day. All equipment is provided.  
\*\*\*Reservation required for full payment before November 18\*\*\*

#### WHAT TO BRING?

- Your lunch, there is a fridge at the Centre.
- A yoga mat.
- Comfortable clothes to move.
- A sweater for painting.
- A water bottle that you can refill as needed.

Here's a day to put some color in your life and full of energy for the end of the year and above all be ready for the holidays!

#### Need additional information:

Francine Poulin aka Fripou 514 979-4605  
Kathleen Picard 514 501-2517

# ACTIVITIES



**YOGA**  
for all  
mini session

**4 weeks**  
November 16 to December 7  
Wednesdays, 8:45 to 10:00 am and 7:15 to 8:30 pm

**For more information  
or for registration**  
Hélène  
514-659-5919  
anahatamedicina@gmail.com  
anahatamedicina.ca

**Au Centre  
communautaire Trinity**  
2, chemin Cambria  
Gore

**Tarif**  
La session : 64\$  
À la carte : 20\$ (selon disponibilité)  
Places limitées

**Dance  
workshops  
and  
intuitive  
painting**




**The 125th Anniversary of the Women's Institute of Canada**

*The first Women's Institute in Canada and the world was established in 1897 in Stoney Creek, Ontario. A woman named Adelaide Hoodless was invited to speak to a group of women at a friend's home shortly after losing her 14-month-old baby boy. She educated them about food security, health, poverty, environmental conservation and community support.*

*Initiatives quickly spread and inspired women's groups to create their own women's institutes to support their families in their communities in Canada, Britain and around the world. The Women's Institutes of Canada have come a long way over the years. They helped in both World Wars by supporting Allied troops and forces in Europe. They provided jam for the campaigns in Britain, sent knitwear and clothing to Europe and raised funds for the Red Cross, among other projects.*

*In 1947, three resolutions in Ottawa were presented by WI Canada to ensure that the "true" Canadian spirit lived on among all Canadians. These included: 1. the design of the Canadian flag 2. The continuation of "Dominion Day" and 3. The establishment of a "National Memorial Day".*

*Other resolutions were made over the years that would bring major changes to industry and rural life in Canada.*

*Today, visitors can learn more about Adelaide Hoodless, her family and her mission at her property in St. George, Ontario.*

**FOOD DRIVE :  
CHRISTMAS BASKETS**

There will be no door to door pickup again this year for the Christmas Baskets. We ask everyone to bring their non-perishable food donations to the community center between December 11th and 16th from 9:30am to 4:30pm.

The municipal office is also open to receive donations from Monday to Thursday between 9:00am to 5:00pm and Friday from 9:00am to 12:00pm.


**Volunteers are needed during the food drive week for the preparation of the baskets. Please contact Rose Manconi at 450-562-3397**

Families wishing to receive a Christmas food basket are invited to contact Rose or Don Manconi before November 30th 2022 at 450-562-3397.  
Proof of residence is required.

The baskets will be available for pickup on Saturday, December 17th, 2022 from 9:00am to 12:30pm.


Donations in cash or by check (addressed to the Municipality of Gore with christmas baskets noted at the bottom) are greatly appreciated.

Happy Holidays to all!




**SENIORS' SOUP**  
 Monday, November 28th 2022  
 - NOON -

Trinity Community Center  
 2 chemin. Cambria, Gore JOV 1K0



RSVP your spot in advance by contacting:  
 Alison 450-562-2025 ext: 3530  
 akilpatrick@cantondegore.qc.ca




**Senior Exercises Classes**

Virtual by ZOOM

**Monday** → 11:00am  
**Thursday** → 11:00am

Contact the instructor, Mary Chuprun to get setup for a virtual exercise class using ZOOM



Mary Chuprun

450-562-9297    mary.chuprun@gmail.com



Alain and the representatives of the Ladies of the Lakefield Mille-Isles Branch

A tree planting ceremony took place during the seniors' soup event in September marking the 125th anniversary of the Canadian Women's Institute.

See document for history of the Women's Institute



**FULL MOON NIGHT**  
 November 2022 to April 2023  
 At Beattie Park

November 8th 2022	Beaver Moon
December 7th 2022	Cold Moon
January 6th 2023	Wolf Moon
February 5th 2023	Snow Moon
March 7th 2023	Worm Moon
April 6th 2023	Pink Moon

Reserve your evening. details to come.  
 Paul : 819-507-1979 pgervais@cantondegore.qc.ca



**FIRST AID COURSE**  
 November 7th and 8th, 2022  
 8am to 5pm  
 Trinity Community Center  
 2 Cambria Road, Gore JOV 1K0

Beattie Park is organizing a first aid training course (2 days from 8am to 5pm)

For details and to register, contact Paul at 819-507-1979 or pgervais@cantondegore.qc.ca



# ACTIVITIES

## A LITTLE MAKEOVER FOR THE WINTER AT BEATTIE PARK

Discover Neil and Irene, we're giving them a little makeover for the winter! Accompanied by Ranger Logan

Saturday November 5th  
from 9am to 12pm at Beattie Park  
Meet at the Yurt

Bring your pruning shears and scissors, together we will have a great time cleaning up the trails.

Reserve your place with Logan at: 450-512-9431 or email:  
l-pearce@outlook.com



10

DECEMBER

## Children's Christmas Party

Santa Claus will be at the Municipal Park on December 10th to present gifts to each child.

RSVP required to reserve your spot  
450-562-2025 or by email at [ngeoffrion@cantondegore.qc.ca](mailto:ngeoffrion@cantondegore.qc.ca).

Pre-booked time slots will be arranged for each family to receive a gift from Santa Claus. Activities will also be organized outside the chalet.

## AGA

Argenteuil en Blues

tiendra son assemblée générale annuelle  
le vendredi 4 novembre 2022 à 18h30  
à la salle communautaire de Gore,  
située au 2 chemin Cambria, Gore, Québec.

Le bilan de l'année 2022 sera présenté et il y  
aura également des élections pour les 5  
postes de directeurs, donc la présidence et  
vice-présidence.

Toute personne intéressée à poser sa  
candidature devra le signifier par courriel à  
[info@argenteullenblues.com](mailto:info@argenteullenblues.com) en prenant soin  
d'y mentionner votre nom complet ainsi que  
vos coordonnées d'ici le 2 novembre 23h59.



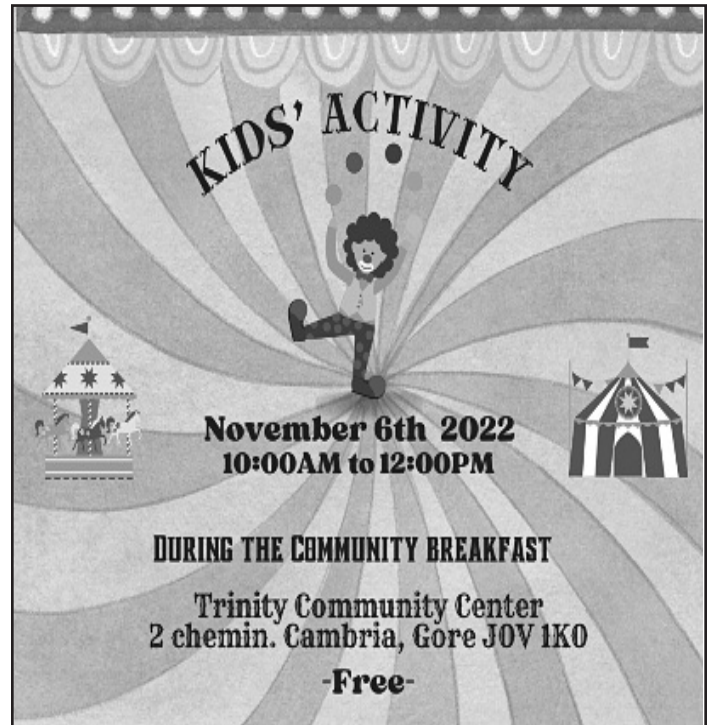
# ACTIVITIES



**COMMUNITY BREAKFAST**  
November 6th 2022  
9:00AM to 12:00PM

**\$5**

Trinity Community Center  
2 Chemin. Cambria, Gore JOV1K0



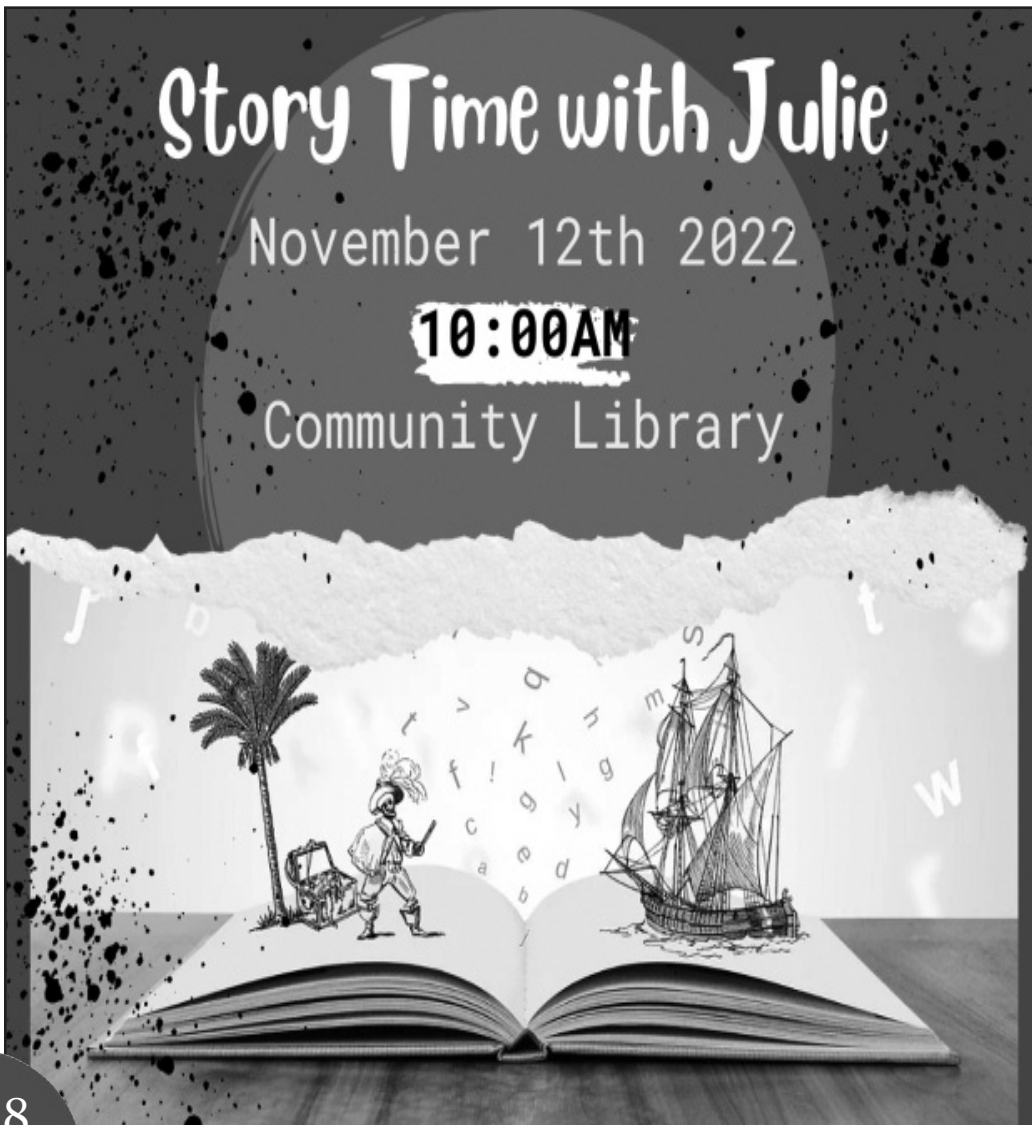
**KIDS' ACTIVITY**

November 6th 2022  
10:00AM to 12:00PM

**DURING THE COMMUNITY BREAKFAST**

Trinity Community Center  
2 chemin. Cambria, Gore JOV 1K0

**-Free-**



**Story Time with Julie**  
November 12th 2022  
**10:00AM**  
Community Library

**Community Library of**

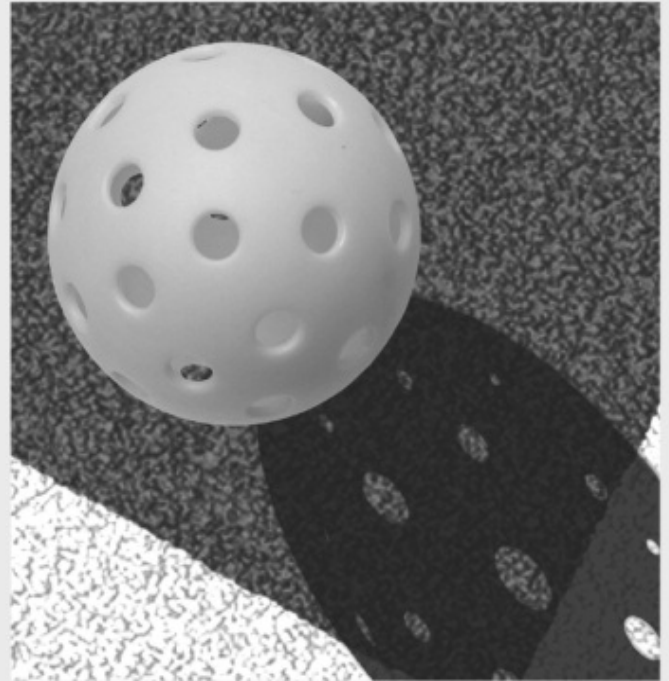


**Opening Hours**  
Tuesday 6:00pm to 8:00pm  
Thursday 11:00am to 1:00pm  
Thursday 6:00pm to 8:00pm  
Saturday 9:00am to 11:00am

**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



If you are interested in becoming a volunteer or developing an activity in the library, contact Alison Kilpatrick at :  
450-562-2025 x:3530



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**PICKLEBALL IN GORE WAS A HUGE SUCCESS THIS SUMMER! THEY PLAYED ALMOST EVERY MORNING ON THE PICKLEBALL COURT LOCATED AT 45 CHEM. CAMBRIA SEE YOU NEXT YEAR!**

●  
●  
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## Dancercise

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

**Tuesdays and Thursdays**  
from 1:30 p.m.  
to 3:15 p.m.

You need a mat, a small weight, and an exercise band.

Classes are free, but a donation to the Christmas baskets would be greatly appreciated.

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

## The CAPS

I would like to thank all the volunteers H el ene, Suzanne, Lise, Betty, C eline and Leslie who helped and supported me for the new concept at the Dome.

With this project we managed to Recover, Recycle and Reuse all the small and big treasures. By doing this, all the money we collected, will be distributed to an organization in our dear community such as the Christmas baskets and school supplies.

I also want to thank all the people who came and contributed, either by donating or buying these objects that gives them a second life. What a pleasure to meet you there!

**The Dome will be closed as of October 30, 2022 but will resume in the spring.**

I'll get back to you in December with the total amount of monney raised, and we'll see you again in the spring with the good weather.

*Thank you all!*

**Anik Korosec and the whole volunteer team.**



## Tribute to Volunteers



November 12, 2022

5:00pm

Trinity Community Centre  
2 Cambria Road, Gore JOV 1K0

The Township of Gore team, Mayor, Councillors and management staff invite you to a recognition event. This is an opportunity to recognize the efforts of our volunteers over the past year.

If you are a volunteer in Gore, contact Paul at 819-507-1979 [pgervals@cantondegore.qc.ca](mailto:pgervals@cantondegore.qc.ca) to reserve your place for this unique evening in our community.



26.11.2022

*Deepening your relationship to the self, one breath at a time*

A moment of connection to the community and oneself.

inspiring exercise  
Breathwork  
sharing circle  
herbal tea




10:00 to 12:00

Trinity  
Community Center

By  
Donation

MONTHLY CALENDAR

NOVEMBER 2022

S	M	T	W	T	F	S
		<b>1</b>	<b>2</b>	<b>3</b>  Garbage + bulk items	<b>4</b> Closing of the community garden AGA Argenteuil en Blues	<b>5</b> Beattie Park Clean up
<b>6</b> Community Breakfast Kids Activity	<b>7</b> First aid course	<b>8</b> Full moon night Beattie Park First aid course	<b>9</b>	<b>10</b> 	<b>11</b>	<b>12</b> Story Time Tribute to volunteers
<b>13</b>	<b>14</b>  Conseil municipal – 20 h	<b>15</b>	<b>16</b>	<b>17</b>  Garbage	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b> Breathwork
<b>27</b>	<b>28</b> Seniors' Soup	<b>29</b>	<b>30</b>			

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

# Excavation Kiroule

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**Paul Majeau • Tél.: 514 943-2547**  
[autokiroule@hotmail.com](mailto:autokiroule@hotmail.com)



***JUST A FEW MORE MONTHS BEFORE WINTER...  
IT'S ALREADY TIME TO RESERVE YOUR PLACE!***

**Contact**  
**Paul Majeau**

Tel.: 514 943-2547  
[autokiroule@hotmail.com](mailto:autokiroule@hotmail.com)



# Déneigement Kiroule

Division of Excavation Kiroule

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