



The Express

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

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A WORD FROM
THE MAYOR 2

MUSIC IN THE
MUNICIPAL PARK 3

LES SENTIERS
DE GORE 6

ACTIVITIES
THIS FALL 7

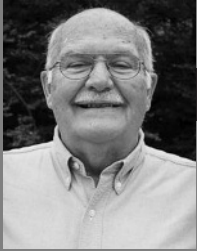
PHOTOGRAPHIE
Celine Tremblay

MEMBERS OF THE MUNICIPAL COUNCIL



COUNCILLOR 1

**Don
Manconi**



COUNCILLOR 2

**Clark
Shaw**



COUNCILLOR 3

**Alain
Giroux**



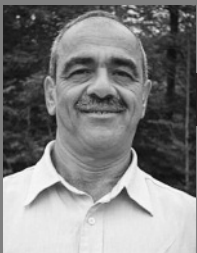
COUNCILLOR 4

**Shirley
Roy**



COUNCILLOR 5

**Anik
Korosec**



COUNCILLOR 6

**Anselmo
Marandola**

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A WORD FROM THE MAYOR

Dear residents,

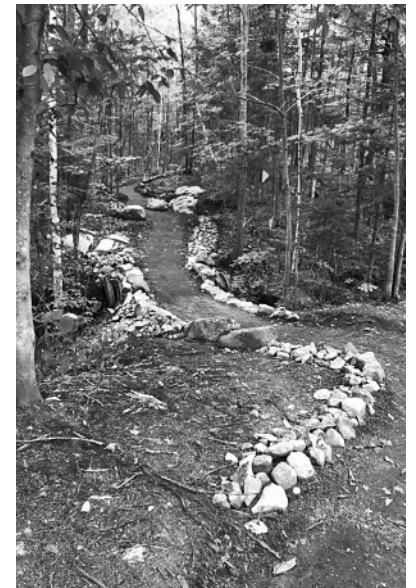
Last week, I went to Denommé Park to see the work that has been done on the trail over the summer. I was extremely impressed with the colossal amount of work done and by the beauty of the site. Elizabeth Van Eyken, Board member of the Sentiers de Gore, brilliantly led a team of 4 students who built the trail. Ms. Van Eyken has given hundreds of hours to make this project a reality and it is thanks to her passion and dedication that it exists. All the members of the Sentiers de Gore's Board of Directors have contributed to this project and I thank them all.

I invite all residents to visit Denommé Park (Densa Road) and enjoy this beautiful trail. Soon, we hope to add a bridge that will allow the trail to go all the way around the Lake.

This work has been paid for by the Programme de soutien à la mise à niveau et à l'amélioration des sentiers et des sites de pratique d'activités de plein air (PSSPA) awarded by the Quebec Government and by Summer Jobs Canada grants obtained by Sentiers de Gore. I am so proud of my community when I see these great projects. The development of a network of trails and outdoor activities sites is a priority for the Municipal Council and corresponds to the values of our community. People come to Gore to find a sense of peacefulness provided by nature. We are extremely happy to have passionate residents who are involved in increasing everyone's quality of life.

Thanks to the entire trail team!

Your mayor
Scott Pearce



PHOTOGRAPHY CONTEST

We have received many photos and will reveal the winners in the next edition of the Gore Express.



WRITING CONTEST POEMS

WINNING POEM - MARINA KYLE - 17 YEARS OLD



*My spring is about new beginnings that will flourish.
And yes the first step always leaves me nervous.
Walking into the world with a new energy.
I am afraid to be judged.
All it takes is a little nudge from the little voice in the back of my mind.
Although this voice can turn in to your anxiety.
Walls start to cave in and slowly it crawls under my skin.
Stop. Stop. No please Stop.
Just like a soda being shook I pop.
I snap back to reality just he hear the birds sing from outside.
I let their chirps and songs guide me.
As two hawks fly over my head I wonder for a second.
Do they follow new beginnings?
As the white whispers of cold vanish with the winter.
Spring comes to set us free from what we bottle up so long.
We become the birds and we too follow new beginnings.*

MUSIC IN THE MUNICIPAL PARK

SEPTEMBER 12TH 2020 AT 3:30 P.M.

BLUEGRASS LIVE UNDER THE SKY CONCERT RED CHAIR SNAPPERS

**A fusion of original songwriting and traditional bluegrass;
4 of Montréal's most specialized pickers!**

\$20 cash upon arrival - Children 12 and under are free. This only pertains to children accompanied by their parents. Bring your own drinks, food and camping chairs. ENJOY some good times as we head out of one season and into another! **COVID-19 protocols will be in place**

GORE'S MUNICIPAL PARK – SOCCER FIELD
45, Cambria road, Gore, QC

Reserve your spot by calling Jody Anker at 450 562-2025, extension 3543.



CONSERVATION LAKEFIELD, A NEW ALLY FOR THE ENVIRONMENT!



Conservation Lakefield is a local organization dedicated to the conservation of land in the Gore region. We are a non-profit, registered charity,

working to preserve land of exceptional ecological value through the acquisition or gifting of property, establishment of agreements with land owners and other conservation options. We collaborate with other nature conservation organizations in the Laurentians to maximize our impact. Whether you are a land owner or a nature lover, you can help us protect and preserve our valuable natural environment!

Contact us: Info@conservationlakefield.ca

Website: <https://conservationlakefield.ca>
facebook.com/conservationlakefield

How you can help...

- Make a donation and become a member
- Gift property
- Consider the benefits of land conservation in your estate and tax planning
- Help us promote our organisation, fundraise and volunteer for future events!



SEPTIC SYSTEM MAINTENANCE

It is important to have your septic tank emptied according to the frequency required in the provincial regulation on the evacuation and treatment of wastewater from isolated dwellings (Q-2, r.22). Primary residences must



have their septic system emptied every two years, and cottages must be emptied at least every 4 years.

However, if you use your cottage frequently, you should consider emptying the septic system more often than is required by law.

Under the municipal by-law, you are required to provide the municipality with a proof that your septic tank has been emptied. Unfortunately, there are several incomplete files remaining at the municipality. Without proof that a tank has been emptied, the municipality can carry out the work on a septic system and charge all costs to the owner. Also, if an owner does not comply with the provincial regulations, they could receive fines ranging from \$ 500 to \$ 4 000 per day.

Emptying your septic tank regularly is important for preserving the quality of the environment and human health. A non-compliant septic tank can have an impact on the water quality of your well.

OPENING OF THE COMMUNITY CENTER

The Community Center is once again open for activities. However, it is still not possible to reserve it for private events. We are monitoring the situation closely and hope to open it for rental soon.

The following activities will take place this fall at the Community Center:

YOGA :

YOGA: Contact H el ene D'Astous to reserve your place: **514 659-5919**.

Wednesday from 1:30 p.m. to 3 p.m. – Thursday from 7 p.m. to 8:30 p.m.

Thomas Moore Institute:

Active Life:

Contact Mary Churpin to reserve your place: **450 562-9297**.

Friday from 11 a.m. to noon



WASTE MANAGEMENT

COMMUNITY COMPOSTERS: the community compost bin that was located at the corner of Tamarac and Sheritt has been moved to the Municipal Park. **REMINDER: DO NOT PUT BAGS OF LEAVES NEXT TO THE COMPOSTER.** If you have green waste, you must put it IN the compost bin and leave with your bags. **DO NOT PLACE WASTE OR RECYCLING NEXT TO COMPOST BINS.** Anyone who disposes of their garbage or recycling at a compost bin site is subject to fines ranging from \$ 300 to \$ 2 000.

The next bulky items pickup is scheduled for September 10th. On this day, you can set along the roadside: furniture and household items such as stoves, washers, dryers, sofas, rugs, mattresses, empty oil tanks, water heaters, etc., as well as branches, tied up and put in bundle 1 meter

maximum length, as provided for in the municipal by-law in effect. **Refrigerators and freezers are not included in the pick up as they contain halocarbons. These items must be brought to the Les Bons Voisins Ecoentre located at 45 Sideline Road.**

Until Thanksgiving, our Ecoentre is open Wednesdays, Saturdays and Sundays from 9 a.m. to 5 p.m. After Thanksgiving, it is open Saturday and Sunday only.



The dome is now reopened to the population. You will have to wear a mask to go in and only one family is allowed at a time. You will also need to disinfect your hands.

COMMUNITY



FRUIT AND VEGETABLE BASKETS – CAFÉ PARTAGE ARGENTEUIL

The team at Café Partage d'Argenteuil, a community organization in Lachute, prepares baskets of fruit and vegetables at affordable prices (between \$ 9

and \$ 20 approximately) every two weeks. These baskets are delivered directly to Gore, at the community center, on Thursday morning. Contact them for prices (there are three different basket sizes) and availability for delivery. To reach the Café Partage d'Argenteuil: **450 562-0987.**

The Café Partage model is unique in the Laurentians. Thank you for offering this food alternative to our communities!

CLOSING OF THE COMMUNITY GARDEN

Garden Closing party, September 26th at 11 a.m.

It has been a wonderful season for Gore's community Garden! Thank you to all our helpers and community garden members who came out and participated in maintaining and keeping the garden growing beautifully.

For any questions call **Jody Anker au 450 562-2025 extension 3543.**



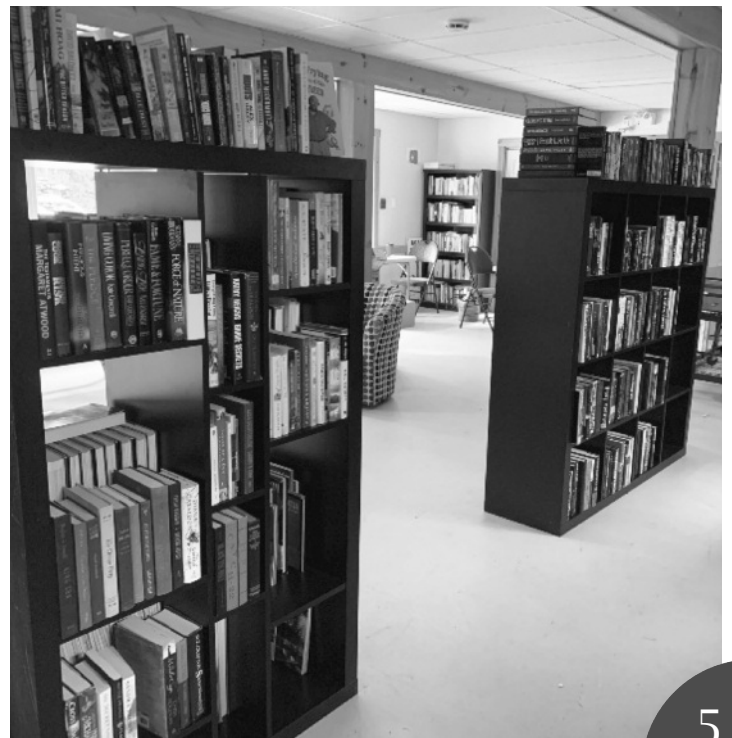
<https://www.facebook.com/groups/838638369957238/>

WEEKLY BOOK DRIVE EVERY MONDAY – NOON TO 4 P.M.



Gore's Book Exchange has become a real library! In its humble

beginnings, the community library offers a large selection of subjects and series: Novels, crime and suspense, history, world religions, esoteric and healing, travel, cooking, renovations, documentaries, selective works for young people and children as well as an assortment of games which are all available to borrow. A simple register is in place. We always accept books in good condition.



LES SENTIERS DE GORE

THANKS TO THE STUDENTS FOR THEIR WORK ON THE TRAILS THIS SUMMER!



We would like to thank the four students who worked at Parc Denommé under the supervision of our trails engineer Elisabeth Van Eyken this summer: Vincent Scully, Angemile Nelson, Charles-Étienne Mongeau and Yoan Paquette. Thanks to their work, this magnificent park located along Chemin Densa now has one of the best designed trails in the region. Thank you to Canada Summer Jobs and the Municipality of the Township of Gore for their financial contribution.

SATURDAY SEPTEMBER 12TH: Margaret Cook, Kerr Farm and the Mayors of Gore

Join Les Sentiers de Gore for a historic walk retracing the arrival of author Margaret Cook in Gore in 1941 and her encounters with the descendants of Irish pioneers.

Visit the grounds of the Kerr Farm, a popular vacation spot for over fifty years and the home of an illustrious

mayor. Also discover the little-known history of the mayors of Gore from 1835 to today.

This is a car ride in the Township of Gore. Meet on Saturday September 12th at 9:30 a.m. at the community center (4, chemin Cambria). Places are limited

Reservations at info@lessentiersdegore.com. FREE

WEDNESDAY SEPTEMBER 23RD: Mushroom picking

On September 23rd from 4 p.m. to 7 p.m., you are invited to a mycology activity at the Parc des Pionniers (45, chemin Cambria). This activity will be led by Mr. Yvan Perreault, president of the Cercle des Mycologies de Lanaudière et de la Mauricie since 2012. He has been providing training on forest mushrooms as well as northern wild edibles for more than ten years. It will all begin with a brief presentation of the ecology of fungi.

Mr. Perreault will then give some instructions for the picking before leaving us to our meticulous research. The activity will end with the identification of the mushrooms picked and a fair sharing of the right specimens (including cooking tips).

Cost: \$ 10 for adults and free for children 16 and under.

Registrations are required at info@lessentiersdegore.com. As social distancing will be difficult at times, please bring a face covering. You are also invited to bring a basket, a small knife and a whistle.

SATURDAY SEPTEMBER 26TH: The birds of Gore in migration

Join Martin Picard from DOA (Développement ornithologique Argenteuil) search for the various migratory birds of Gore at Parc Denommé (14, chemin Densa). Saturday September 26th at 7:30 am.

Cost of the activity: free! Reservation by email at lessentiersdegore@gmail.com as places are limited. In case of rain, the activity will be postponed until the next day.

VOLUNTEERS NEEDED



We are planning for Gore's Scary Trails and we need your help!

For additional information, contact Jody Anker at janker@cantondegore.qc.ca or at 450 562-2025 extension 3543

TO FOLLOW THE COUNCIL MEETINGS

As the socio-health instructions do not allow us to accommodate a large number of participants at the Town Council meetings, you must reserve your place in advance with the secretary-treasurer, Ms. Sarah Channell. Leave her a voice-mail message at **450 562-2025 ext. 3525**. Each person must reserve for themselves (no group reservations). Also, we ask that reservations be limited to one person per residence. First come, first served!



The September session was held in person. However, given the limited number of people allowed in the community center, we try to be creative and find other ways to ensure that you can still participate in our discussions. For example, the draft agenda is posted on the website as early as possible before the monthly meeting. The sessions are recorded and then broadcast on the website to be viewed at the convenience of residents. In addition, the municipality encourages you to send us your questions or comments concerning the subjects of the sessions in writing to info@cantondegore.qc.ca.

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Valid driver's license

3 years of experience

Please send us your CV at:
diham@hotmail.ca
or by phone at
450 562-7853.



ACTIVITIES



YOGA for all

Fall session from September 9th to December 17th

GENTLE YOGA
WEDNESDAY
1 : 30-3PM

HATHA YOGA
THURSDAY
7 : 00-8 : 30PM

Beginners welcome
Free trial

Trinity community Center
Gore

For more infos or to register

Hélène
514-659-5919

info@anahatamedicina.ca
anahatamedicina.ca

ACTIVITIES

CLASS SCHEDULE WITH CORPS CHORUS

Fall 2020 - From Septembre 21nd until December 14th

At **Centre L'Autre Versant - 180 Tamaracouta, Mille-Isles, QC**

Places limited in order to respect physical distancing **register in advance** :
514-572-4287
info@corpschorus.ca
corpschorus.com



REV+FLOW

This class dials down the pace and cranks up the intensity by connecting strength, balance, and flexibility. Repetitive movements and empowering rhythms are paired to work your entire body. So you can expect to get strong and lean from head to toe. Bring your mat and weights (2 to 5lbs).

REFIT®

Get ready for a fitness experience like no other! This cardio-focused class combines powerful moves with positive music for a challenging, effective and FUN workout. Simplistic movements and upbeat music will leave you sweating, smiling, and feeling stronger - body, mind, and soul. Bring your best hair toss and rockstar attitude - or get ready to discover both!

LINE DANCING

Have fun moving ! Line dancing class for beginners with or without experience. In this class, we learn the most popular dances ! Chacha, waltz, swing, tango, rumba, mambo, foxtrot, samba are among the rhythms explored. Precise and partner-free choreographies.

MONDAY

14:00 Rev+Flow
17:45 REFIT
19:15 Line dance

TUESDAY

14:00 REFIT
17:45 Contemporary dance
19:15 Rev+Flow

WEDNESDAY

DAY

14:00 Yoga
17:30 Dance 3-6 yrs old
18:30 Dance 7-11 yrs old
19:45 Dance 12-16 yrs old

THURSDAY

DAY

14:00 Line dance
17:45 Rev+Flow
19:15 REFIT
20:30 Yoga

A fitness experience that fits everyBODY !



VENDREDI 1-7 PM JUIN-OCT

MARCHÉ FERMIER
BASLER
FARMERS MARKET

99 CHEMIN LAC
ECHO, MORIN HEIGHTS

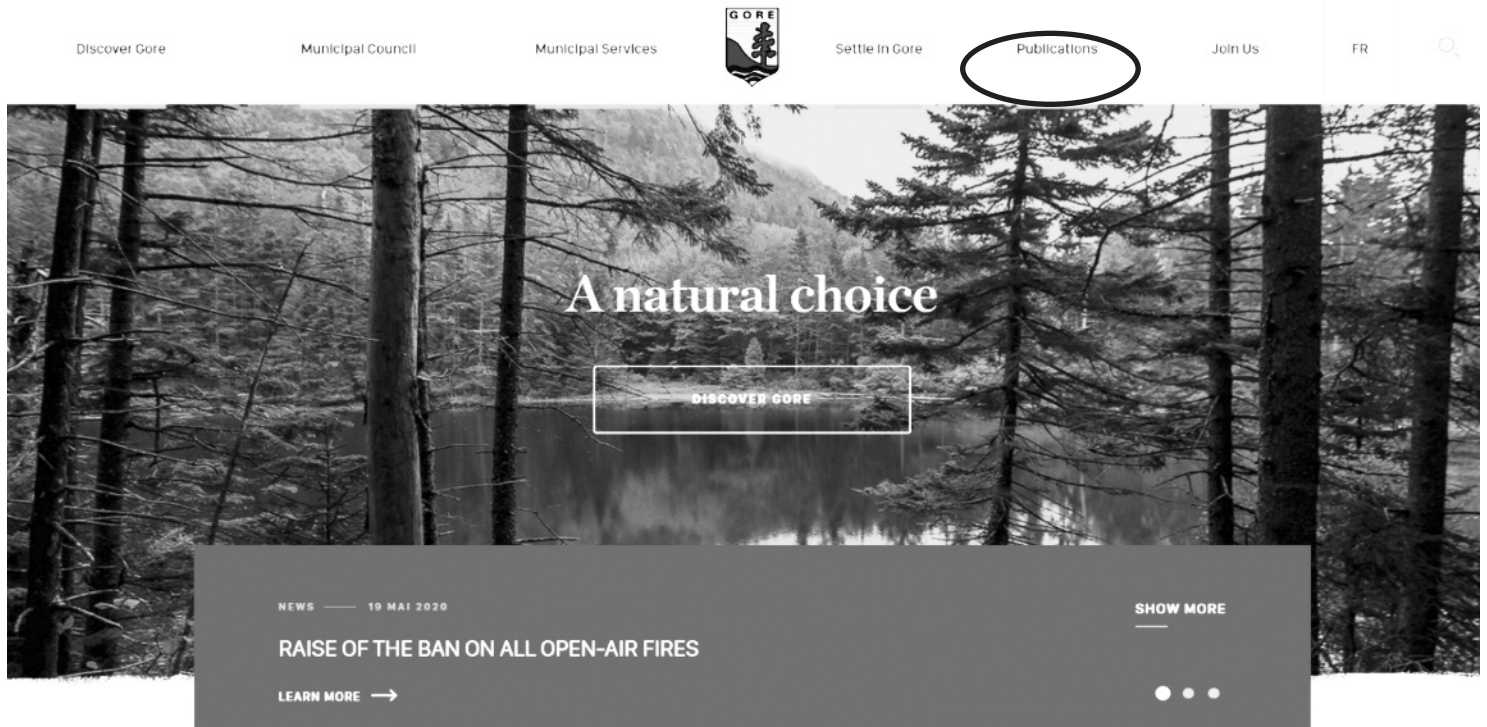
Are you looking, just as I have, for a reading group that its primary goal is promoting peer support, counselling, prosperity, abundance focussed mostly as a group? And would like to start a business on the net in the near future? I've stopped searching for such a group and decided to create an add to form a group of our own. Bilingualism is an asset. For more information and, pre-requisites, call me, Yves at 514 998-1738.

"Your feelings are your greatest tools to help you create your life"
-Rhonda Byrne



FOLLOW US ON THE WEB

For all the latest info: www.cantondegore.qc.ca and on Facebook.



WWW.CANTONDEGORE.QC.CA

[facebook @CANTONDEGORE](https://www.facebook.com/CANTONDEGORE)

MONTHLY CALENDAR

SEPTEMBER 2020

S	M	T	W	T	F	S
		1	2	3 Recycling	4	5
6	7 Labour Day Municipal Office CLOSED	8 Municipal Council – 8 pm	9	10 Garbage	11	12 Outdoor Bluegrass Concert in the municipal park
13	14	15	16	17 Recycling	18	19
20	21	22	23	24 Garbage	25	26
27	28	29	30		<i>In this period of pandemic, thank you for protecting yourself and others.</i>	



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Les Contacts de Lori
Lori's Links

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- Electric car charger, generator
- Home inspection
- House cleaners, windows, carpets/sofas
- Handymen
- Excavation, drains, septic systems
- Professional movers
- RBO licensed electricians, plumbers, painters, roofers

CALL LORI'S LINKS AT 450.224.7472
(Referrals are free)
e-mail: lori.leonard@sympatico.ca
web: www.lorilinks.com

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