



The Express

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

VOLUME 11, NUMBER 09 – OCTOBER 2021

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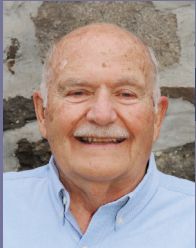
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A WORD FROM THE MAYOR

MARCEL DENOMMÉ – TRIBUTE TO A MAN OF HEART

Marcel Denommé recently passed away from a long illness. Marcel was a municipal councillor in our municipality from 1995 to 2003 but above all, he marked the Township of Gore with his generosity and involvement in community life. The donation of a large piece of land allowed us to create the Denommé park.

With this ecological donation, Mr. Denommé allows all residents to enjoy a beautiful trail, forever.

For several years, Gore has invested in making seniors in our community feel safe and secure. In addition to the recent grants which made it possible to redo the multisports surface at the park, a new pétanque court and the purchase of equipment for the practice of pickleball, I am proud to announce that our MRC will now participate in the PAIR program (described later in the Gore Express). This program will increase the safety of our seniors. Finally, with Gore being designated as an "Elderly-Friendly Municipality", we will update our Seniors and Families Policy in 2022 with a grant from the provincial government.

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

Your mayor
Scott Pearce



Picture of the inauguration of Dénommé park (Marcel Denommé is right of M. Pearce).



VOLUNTEERS NEEDED!

We are looking for volunteers to participate in municipal activities and contribute to life of our beautiful municipality. Whether you have an hour to give or are available at all times, contact Jody Anker at the municipality to find out about volunteer opportunities: janker@cantondegore.qc.ca.

For high school youth who have mandatory volunteer hours to do, the volunteering done at the municipality will count!



CLOSURE OF THE COMMUNITY GARDEN - VOLUNTEERS WELCOME!

November 5 - Between 1 p.m. and 4:30 p.m.



Let's harvest the last fruits and vegetables from our garden together, turn the earth over and wish our flower beds good dreams! Until next season.

For any info : janker@cantondegore.qc.ca

Long live gardening!

LES SENTIERS DE GORE



ORNITHOLOGY ACTIVITY ON OCTOBER 9TH

Les Sentiers de Gore, in collaboration with Développement Ornithologique Argenteuil (DOA) invites you to a morning ornithology activity at Parc Denommé on Saturday October 9th from 7:30 AM to 11:30 AM. Martin Picard, DOA's general director, will lead the

activity. The meeting point is at 7:30 AM at Denommé Park on Densa Road.

In case of rain, the activity will be postponed to the next day. The cost is 10\$ per person and registration is mandatory. Maximum 15 participants. Please register at the email address: info@lessentiersdegore.com.

TRAIL MAINTENANCE DAY – SATURDAY OCTOBER 23RD AT PARC DENOMMÉ

Les Sentiers de Gore invite you to participate in a trail maintenance day on Saturday, October 23rd at Park Denommé. Meeting time is 9:00 am on site (parking on Densa Rd.). In case of rain, the maintenance day will be postponed (check the newsletter and facebook). We look forward to working with you !



HALLOWEEN - THE HAUNTED TRAILS OF GORE - SATURDAY OCTOBER 30, 4:30 TO 8 P.M.

For a 3rd consecutive year, the Haunted Trails of Gore will take place at the Municipal Park. We are looking for spooky dolls to decorate our trails and make a doll graveyard. Decorate an old doll as spooky as you can imagine and donate it to the Haunted Trails. You can drop off your spooky dolls at the municipal office before noon on October 29.

PUMPKIN DECORATION COMPETITION

Bring your decorated pumpkin to City Hall from October 19, and until Friday, October 29. The most original pumpkin will win a prize a free family pass to Beattie Park.

PLEASE NOTE: THE VACCINE PASSPORT IS REQUIRED FOR THIS ACTIVITY.
(For all people 13 years old and over)

COUREUR DES BOIS CHALLENGE – OCTOBER 16



This year, the Coureur des Bois challenge will be a trail run (without swimming) in the magnificent Beattie Park.

On Pre-Registration ONLY before October 10 at midnight. Register online at www.cantondegore.qc.ca in the Events Section OR call 450 562-2025 to ask someone to help you register participants online.

Hurry, places are limited!

We will see you there!



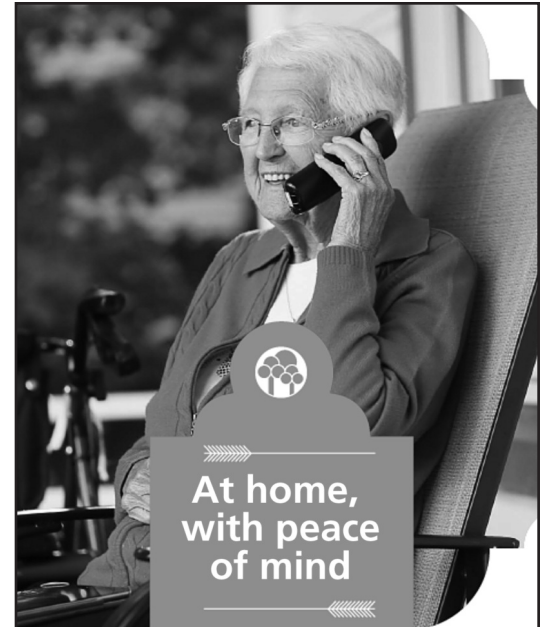
PLEASE NOTE: THE VACCINE PASSPORT IS REQUIRED FOR THIS ACTIVITY.

SENIORS LUNCH SOUP OCTOBRE 25, 2021



We are happy and relieved to be able to reopen our community center to some of the regular activities. It is with great pleasure that we resume our famous monthly soup as we prepare for winter!

It is mandatory to reserve your place in advance with Jody: 450 562-2025 ext. 3543. Hurry, places are limited! A \$ 5 donation is suggested for your participation.



Pair
A reassuring presence

A free daily automated calling service that reaches seniors to ensure their safety and good health. A great way to maintain your independence while reassuring family and friends.



Register now:
www.argenteuil.qc.ca/pair
450 562-2474

Let's continue to protect ourselves!



Cough into your sleeve



Wash your hands



Keep your distance



Cover your face (if less than 2 feet)

MUNICIPAL ELECTION

The 2021 municipal election staff is preparing to safely greet Gore's electors. Several solutions have already been put in place to ensure smooth voting on polling days and the safety of everyone. Should you have any questions concerning the sanitary measures that will be in place during polling days, please contact the returning officer, Mrs Sarah Channell, at **450 562-2025 ext. 3525** or at schannell@cantondegore.qc.ca.

DATES OF INTEREST

Last municipal council meeting before the elections: October 4, 2021 at 8 p.m.

Revision of the list of electors: October 18 and 20, 2021 from 10 a.m. to 4 p.m. and October 22, 2021 from 1 p.m. to 10 p.m.

IS YOUR NAME ON THE LIST OF ELECTORS?

If you live in the municipality, your name and current address must be entered on list of electors. To check if your name and current address are listed, you can go to www.electionsmunicipales.quebec/verifier or contact the returning officer.

Vote by mail:

Postal ballots will be sent out starting October 25, 2021 and must be received at the office of the returning officer by Friday, November 5 at 4:30 p.m. at the latest.

You can vote by mail if you are in one of the following situations:

- Your domicile is not located in the territory of the municipality;
- Your domicile is located in the territory of the municipality;
 - You are domiciled in an eligible health establishment;
 - You are unable to travel for health reasons or you are a caregiver domiciled at the same address as such a person;
 - You will be 70 years of age or older on polling day
- Between Sunday, October 17, 2021, and Wednesday, October 27, 2021, you must comply with an order or a recommendation for isolation from public health authorities because you:
 - returned from a trip abroad within the last 14 days;
 - were diagnosed with COVID-19 and you are still considered a carrier of the disease;
 - are showing COVID-19 symptoms;
 - have been in contact with a suspected, probable or confirmed case of COVID-19 within the last 14 days;
 - are waiting for a COVID-19 test result.

Last day to request to vote by mail: October 27, 2021.

How you apply and the validity of your vote by mail application will vary depending on your situation:

- If your domicile is not in the municipality, your application must be made in writing and will be kept for all elections and referendums following its receipt.



- If you are domiciled in the municipality and you must comply with an order or recommendation for isolation from public health authorities, your application may be verbal or written and will be valid for the current poll only.
- If you are in one of the above-listed situations, your application may be verbal or written and will be valid for the current poll and any recommenced proceedings arising from this poll.

Advance poll: October 31, 9:30 a.m. to 8 p.m. at the Fire Station for all advanced polling stations (11 Cambria Road)

Election Day: November 7, 9:30 a.m. to 8 p.m. at the fire station located at 11 Cambria Road for polling stations 1 to 4 and; at the Community Hall at 2 Cambria Road for polling stations 5 and 6.

Each voter will be notified of their polling station number before the date of the advance poll.

HOW DO YOU VOTE?

Go to the address written on the notice you will be receiving in the mail.

Bring a face mask and make sure you have two pieces of identification on hand that enable the election staff to verify your name, date of birth and address (ex. Quebec driver's license, health insurance card, Canadian passport, certificate of Indian status, Canadian Armed Forces identity card).

At the reception desk, say your name, give your address in Gore and show your ID. You will need to momentarily remove your face mask to identify yourself. Someone will then direct you to the appropriate polling station.

Afterwards, you simply have to follow the instructions of the deputy returning officer.

ELECTION RESULTS

The results of the election will be announced by the returning officer on November 7, 2021 after 8 p.m. and published on the Elections Québec website: www.electionsmunicipales.quebec.

ENVIRONMENT



<http://faune-especes.canada.ca>

As the weather cools and the days become shorter, you can hear the distinctive songs of migratory birds heading back to warmer lands. Geese, blackbirds, red-winged blackbirds, sparrows and plovers are preparing for a long journey to Texas, Florida or even Mexico. But why do these species decide to do this marathon every year? It is not the cold weather that

drives the birds to leave, but the lack of food caused by the colder temperatures. Food sources such as insects, fruits and seeds are scarce during our harsh winters. This is why migratory species decide to leave for a destination rich in food and shelter. But if they are so well fed in the south, why do they come back in the spring? Our temperate climate is a paradise for breeding and nesting. In addition, competition and predation are much lower in our part of the country. Nevertheless, many species remain with us throughout the year. This is the case of cardinals, woodpeckers, chickadees and nuthatches which have adapted wonderfully to our winter climate. The presence of

feeders also allows these species to spend a comfortable winter, do not hesitate to install some at home. For some species such as redpolls and siskins, we are their warm destination of choice as they usually reside in the tundra as far as Nunavut. So maybe our winters aren't so cold after all!

FRIENDLY REMINDER FOR VOLUNTARY COMPOST DROP-OFF

Fall is just around the corner and for many this means it will be time to collect the dead leaves. We remind you that the voluntary compost drop-off locations are not dedicated to large quantities of green waste. Please do not place bags of leaves next to the bins as this will hinder the efficient collection of the organic material. Did you know that butterflies, larvae, microorganisms and worms love leaf litter? Many species of butterflies choose to overwinter in them. In addition, toads, salamanders and frogs also take advantage of the leaves to hide in them and facilitate their search for food. It is recommended to keep the leaves in place on your property to ensure a simple, effective and above all ecological supply of nutrients. Thank you for your collaboration!

COMMUNITY

COMMUNITY LIBRARY – NEW HOURS

Our small informal library will now be open on TUESDAYS NIGHTS FROM 6 PM TO 8 PM. If you would like to volunteer at our library, write to Jody Anker at janker@cantondegore.qc.ca.



Café Partage
d'Argenteuil

CAFÉ PARTAGE ARGENTEUIL: HEALTHY BASKETS, ECONOMICAL GROCERY AND PREPARED MEALS

Café Partage d'Argenteuil provides access to healthy baskets, prepared meals and

affordable groceries for the entire population of Argenteuil. The services of Café Partage are for everyone and it is through the strength of numbers that they manage to obtain good prices for quality products.

Café Partage d'Argenteuil employs people with intellectual and physical challenges and contributes to their reintegration into the community. Among

other things, several users of the Center du Florès work at the Café Partage. This Lachute community organization prepares affordable fruit and vegetable baskets every two weeks (between \$ 12 and \$ 22). These baskets are delivered directly to Gore at the community center on THURSDAY mornings.

Café Partage also offers prepared meals (\$ 6): cabbage rolls, Lasagna, Sheperd's pie, Meatloaf, Chicken breast bacon, beef stew, spaghetti and soups (\$ 2): cream of vegetables, cream of leeks, turnip / maple cream, beet soup, carrot soup, pea soup, chicken noodle soup

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

The Café Partage model is unique in the Laurentians!

ACTIVITIES

STUDIO L'AUTRE VERSANT

CLASS SCHEDULE

Fall 2021 - From September 27th until December 17th

At **L'Autre Versant**
180 Tamaracouta in Mille-Isles

Register in advance :
514-572-4287
studio@ressourcement.ca
ressourcement.ca



MONDAY

19:00 **Cardio Hit**

TUESDAY

19:00 **REFIT**

WEDNESDAY

17:30 **Dance 3-6 yrs old**
18:20 **Dance 7-11 yrs old**
19:30 **Soft Yoga**

THURSDAY

19:00 **Rev+Flow**

FRIDAY

9:00 **Soft Yoga**
10:30 **Mommy-baby Yoga**

SUBSCRIPTIONS :

- 1x/week 132\$+tx 10 classes punch-card 140\$
- 2x/week 228\$+tx
- Illimited 288\$+tx

YOGA
Pour tous
Session Automne
15 septembre au 1er décembre 2021
12 semaines
Centre communautaire Trinity, Gore

Les mercredis

Yoga doux
10:30 à 11:45

Hatha Yoga
19:30 à 20:45

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

160\$ la session
80\$ pour 5 séances à la carte

DANCERSIZE

It's easy, it's fun and the music is cool. Tuesday and Thursday 1:15 - 3:00 (1 hour to start). The Community Center – 2 Ch. Cambria

You need a mat, stretch band and a hand weight. This course is free with a welcomed donation towards the Christmas baskets. For more information please contact Lynne Powell at **450 432-2156**.



ACTIVITIES (cont'd)



BAIN DE FORÊT

Automne-Samhein



30 octobre
9:30-12:00
Canton de Gore
Laurentides

A soothing moment in the forest to celebrate the peak of fall and honor the element of Earth. This forest bath is a slow meditative walk. A few stops are suggested along the way, each one being an invitation to wellness. This experience of reciprocity with all forms of life offers a mix of mindfulness, shamanism and other forms of ancestral wisdom. The exact location is yet to be determined. \$30 - Upon registration, limited places

For more information or to register:

Hélène D'Astous
514-659-5919

info@anahatamedicina.ca
anahatamedicina.ca

FIRE SAFETY



CHINESE LANTERNS

Also called sky lanterns or Venetian lanterns, these lanterns are usually formed of a bamboo or paper-wrapped structure that encloses a fuel tank containing fuel. They are made to look like small hot air balloons and are often used in celebrations and festivals. Their danger lies in the fact that they can travel great distances and find themselves, on fire, on neighboring land.

It is very important to contact the fire department before using them and not to use them in windy weather. The municipality is also considering banning them on its territory.

OCTOBER 2021

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

ATTENTION: CHANGE OF DAY FOR WASTE COLLECTION AND RECYCLING

FROM THE FIRST WEEK OF OCTOBER, THE COLLECTION OF WASTE AND RECYCLING WILL BE ON FRIDAYS. The pick-ups will take place alternately, as they were on Thursday. The bulky items collection will also take place on Friday.

PROTECT THE HEALTH OF OTHERS!

How to put on a mask



1

Place the mask over your mouth and nose with the flexible nosepiece upwards.



2

Shape the flexible nosepiece to the bridge of your nose.



3

Position the bottom edge under your chin.

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.

Discover Gore

Municipal Council

Municipal Services

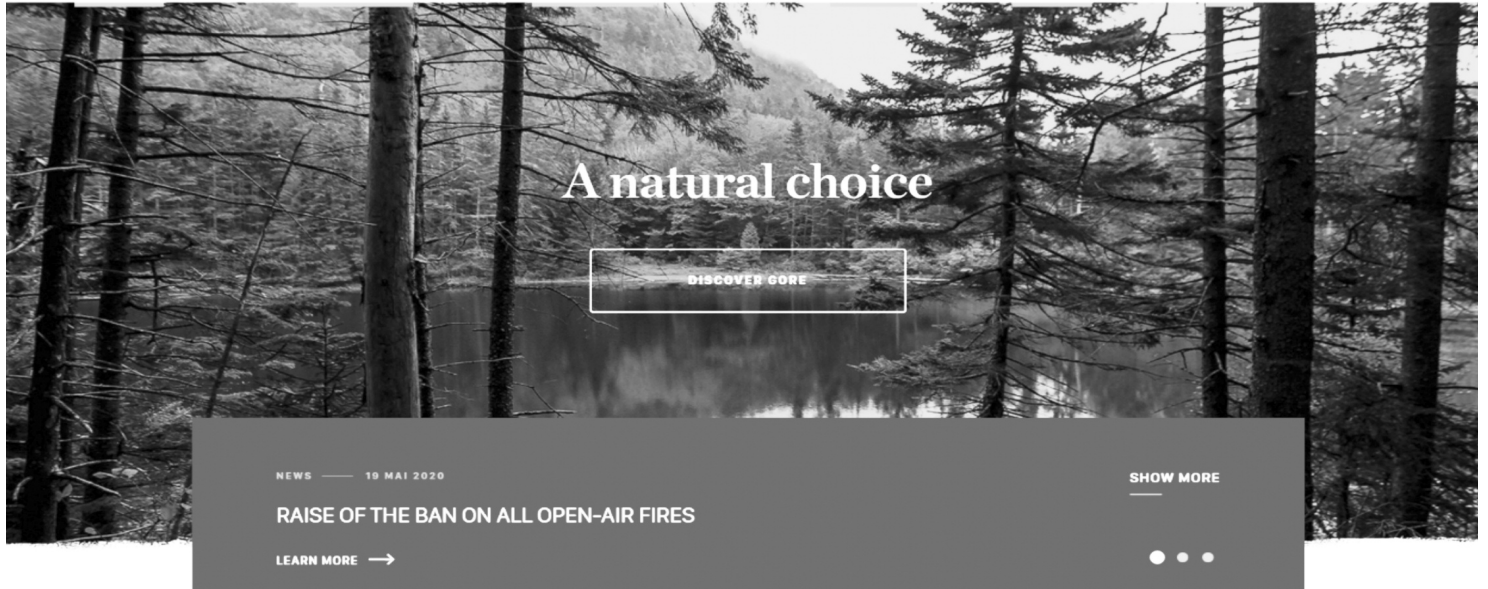


Settle In Gore

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FR



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

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autokiroule@hotmail.com





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Les Contacts de Lori
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Township of Gore, Qc

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