

The Express

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

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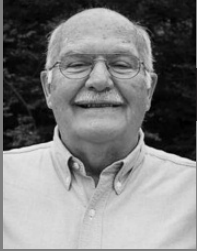
KID'S CHRISTMAS
PARTY 5

MEMBERS OF THE MUNICIPAL COUNCIL



COUNCILLOR 1

**Don
Manconi**



COUNCILLOR 2

**Clark
Shaw**



COUNCILLOR 3

**Alain
Giroux**



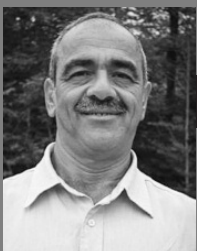
COUNCILLOR 4

**Shirley
Roy**



COUNCILLOR 5

**Anik
Korosec**



COUNCILLOR 6

**Anselmo
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A WORD FROM THE MAYOR

Dear residents,

Today, I am calling on our residents to help us solve a problem that has gone on for too long now: I am talking about the speed and noise on the 329. The 329, which goes through our township, is managed by the Ministry of Transport (MTQ) and the nuisance is caused by motorcycles driving at high speed on that MTQ road.

The municipal council of the Township of Gore adopted resolutions asking the MTQ to reduce the speed from 90 km/h at 70km/h on a section of route 329. These resolutions were passed in December 2003, June 2004, July 2015, April 2016, April 2019 and again in 2020. The Argenteuil RCM has also adopted several resolutions to this effect. I personally met with the MTQ in Saint-Jérôme with the general manager of Argenteuil RCM and the general manager of our municipality, but none of our actions seem to work. The ministry remains deaf to our requests, despite the many accidents and nuisances endured for years by our residents.

This year, the SQ has done everything possible to be more present on the 329 and to control the speed. Unfortunately, the SQ has limited resources and has had a lot of work to do since the start of the pandemic.

In addition, we have found that the 329 is poorly maintained, the shoulders have not been swept this summer and now, with winter setting in, we are concerned for the safety of users. We ask you to join us in complaining about the deplorable condition of Route 329, a road owned and managed by the MTQ. We hope that if they receive several complaints, they will finally act. The most effective way to complain to the MTQ is to contact "Québec 511" (<https://www.transports.gouv.qc.ca/fr/nous-joindre/Pages/nous-joindre.aspx>) or to call 511. You can also try calling the regional office in Saint-Jérôme at **450 569-3057**.

Your mayor
Scott Pearce



CHRISTMAS BASKETS DRIVE

Due to the circumstances of COVID-19, significant changes have been made to this year's Christmas basket collection. There will be no door to door pickup this year. We ask everyone to bring their non-perishable food donations directly to the community center during the week of December 7 to 13 between 9 a.m. and 5 p.m. The office is open to receive donations before these dates Monday through Thursday between 9 a.m. and 5 p.m. and Friday from 9 a.m. to 12 p.m.

Volunteers are especially needed this year during the food drive week and for the preparation of the baskets. Please contact **Don Manconi at 450 562-3397**.

Families wishing to receive a Christmas food basket are invited to contact **Ms. Rose Manconi** before November 15, 2020 at **450 562-3397**.

Christmas baskets will be distributed on
Saturday December 19, 2020

Donations in cash or by check are greatly appreciated and can be made to the Municipality of Gore for the Gore Christmas Basket Fund.

Be generous this holiday season!

Thank you.



VACCINATION

Vaccination clinic in Gore

The CISSS Laurentides will organize two vaccination clinics at the Community Center in Gore (2 chemin Cambria). **YOU WILL NEED TO RESERVE YOUR PLACE IN ORDER TO BE VACCINATED.** Make an appointment starting October 19: on monvaccin.ca or at 1-888-664-2555.



PET LICENCES

The joy of acquiring an animal or the pain of losing it often makes us forget to notify the Municipality.

In addition to the privilege of having this medal free, registering your pet allows you to quickly find it if it decides to take a little solo hike in our beautiful Gore forests. We are therefore able to contact the owner following the report of a citizen.



However, our list, which started in 2007, has unfortunately not always been updated.

We therefore ask for your usual collaboration in order to help us in this process and to contact **Nathalie Geoffrion at 450 562-2025, extension 3521**, in particular in the event that you no longer own your animal.

A sincere thank you!

DOG PARK REGULATIONS

Going to the dog park is fun, but owners need to respect the regulations of our park and be respectful of the surroundings and of other owners. We've received complaints lately regarding dog behaviour and the use of the soccer field by dog owners. Remember: Outside the dog park, dogs need to be on leash. Also, it is mandatory to pick up any feces produced by dogs using a bag and disposing it in a hygienic manner.

Any guardian of a dog using the dog park must:

- Remain in place during the dog's stay;
- Make sure to maintain the premises clean and dispose of waste or other debris in places provided for this purpose;
- Remove the feces produced by the dog immediately using a bag and dispose of it in a hygienic manner;
- Ensure that your pet does not cause damage by digging holes. In case the animal adopts such behavior, the guardian must repair the damage by filling in the holes;

- Ensure that your pet does not cause a nuisance. Avoid having him bark or howl so as to disturb the tranquility of the park;
- Respect the schedule of the dog park from 8:00 am to 9:00 pm;
- Respect all signs and written rules posted on the premises;
- All dogs must have a Gore Dog Tag;
- Access to the dog park is prohibited to any aggressive dog, one showing symptoms of disease or in the case of a female, if she is in heat.



Please report any misconduct to the municipal office with detailed information on the dog and the dog owner. Thank you for the important collaboration !

HALLOWEEN

**Winner of our pumpkin contest:
Congratulations to Miriam Laroche!**



THE HAUNTED TRAILS : A HUGE SUCCESS!



THE HAUNTED TRAILS WAS A TERRIFIC AND FABULOUS SUCCESS!

Halloween was different this year but we are so proud that we managed to throw a party for so many families! Thank you to everyone who came with a positive attitude and an understanding of all the regulations which made this event as safe as possible. Thanks to Luc Gauthier and the volunteer firefighters for keeping the fire going to warm up all the participants.

A huge thank you to our Halloween committee members, neighbors and friends who donated their time and energy to this event and help make Gore great! None of this would have been possible without your help and passion! The sets and the volunteers were fabulous! Together, we made sure this year went off without a hitch. We are already excited for next year! Congratulations to everybody! Congratulations to everybody!

If anyone is interested in being a part of Gore's Halloween Committee, head over to our Facebook page to sign up at <https://m.facebook.com/groups/954366534931092/?tsid=0.06596077710434034&source=result> or contact Jody at 450 562-2025, extension 3543.

KID'S CHRISTMAS PARTY

Due to special circumstances, there will be no Christmas party inside. The Christmas party and the presentation of gifts by Santa Claus will take place at the MUNICIPAL PARK. Pre-booked time slots will be organized so that each child receives a gift from Santa.



It is a year with many exceptions because we want to keep our community members safe and continue to spread joy and the good spirit. Contact **Jody Anker** to register your child and have a time slot for the gift delivery at janker@cantondegore.qc.ca or by phone: 450 562-2025, extension 3543.

FIRE PREVENTION

Every year in Quebec, fires cause on average:

- 13 houses damaged every day,
- 400 injured,
- 24 000 people evacuated.

Almost 50% of fires that occur in homes are related to distraction or human error. 1 in 4 fires starts in the kitchen. Winter is conducive to fires, especially in small towns and rural municipalities. Here are some tips to prevent and protect yourself.

- 1- Clear the snow from the exits of your residence
- 2- Due the maintenance of your heating system correctly and regularly
- 3- Check and change the battery of your smoke detector
- 4- Make sure you have a carbon monoxide detector if you are heating with wood, oil or pellets
- 5- Have a fire extinguisher in your home

If you have any questions or concerns, do not hesitate to contact our fire chief, Mr. Luc Gauthier, at 450 562-2025, extension 3528 or by email at lgauthier@cantondegore.qc.ca.

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!

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.

ACTIVITIES AT THE COMMUNITY CENTER

The Community Center is open again for organized activities. However, it is still not possible to book 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: Please book your place.

ACTIVE LIFE WITH MARY CHURPIN:

450 562-9297 Monday and Thursday from 11 a.m. to noon.

YOGA WITH HÉLÈNE D'ASTOUS

514 659-5919 Wednesday from 1:30 p.m. to 3 p.m. and Thursday from 7 p.m. to 8:30 p.m.

DANCERSISE WITH LYNN POWELL :

450 432-2156 Tuesdays and Thursdays at the Community Center from 1:15 p.m. to 3 p.m.

You will need a mat, a small weight, and an elastic exercise band. Classes are free, but a donation for Christmas baskets would be greatly appreciated.



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

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

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

A fitness experience that fits everyBODY !



Meditation in Gore

Gore meditation sessions held in a private setting will take place Thursday afternoons.

Schedule:

Tuesday 7 p.m. to 8:30 p.m. from Sept. 15 to Dec. 15
Thursday 1:30 p.m. to 3 p.m. from Oct. 1 to Dec. 10

Places are limited: (Group of 6) and hygiene measures are applied.

For more information and to reserve your place, contact Olga:

Email: olgafournier@hotmail.ca
or by phone : 450 562-3219

The contribution is voluntary. The money raised will be donated to Gore's Christmas baskets.

In this time of pandemic and uncertainty, it is more important than ever to keep our vibration levels high in order to strengthen our immune system.

Meditating in a group allows this elevation.

OLGA-AMÉLYA

Look forward to sharing with you moments of calm, peace and complicity.



YOGA for all

Fall session from September 9th to December 17th

GENTLE YOGA

WEDNESDAY 1:30-3PM

HATHA YOGA

THURSDAY 7:00-8:30PM

Trinity community Center

Gore

For more infos or to register

Hélène

514-659-5919

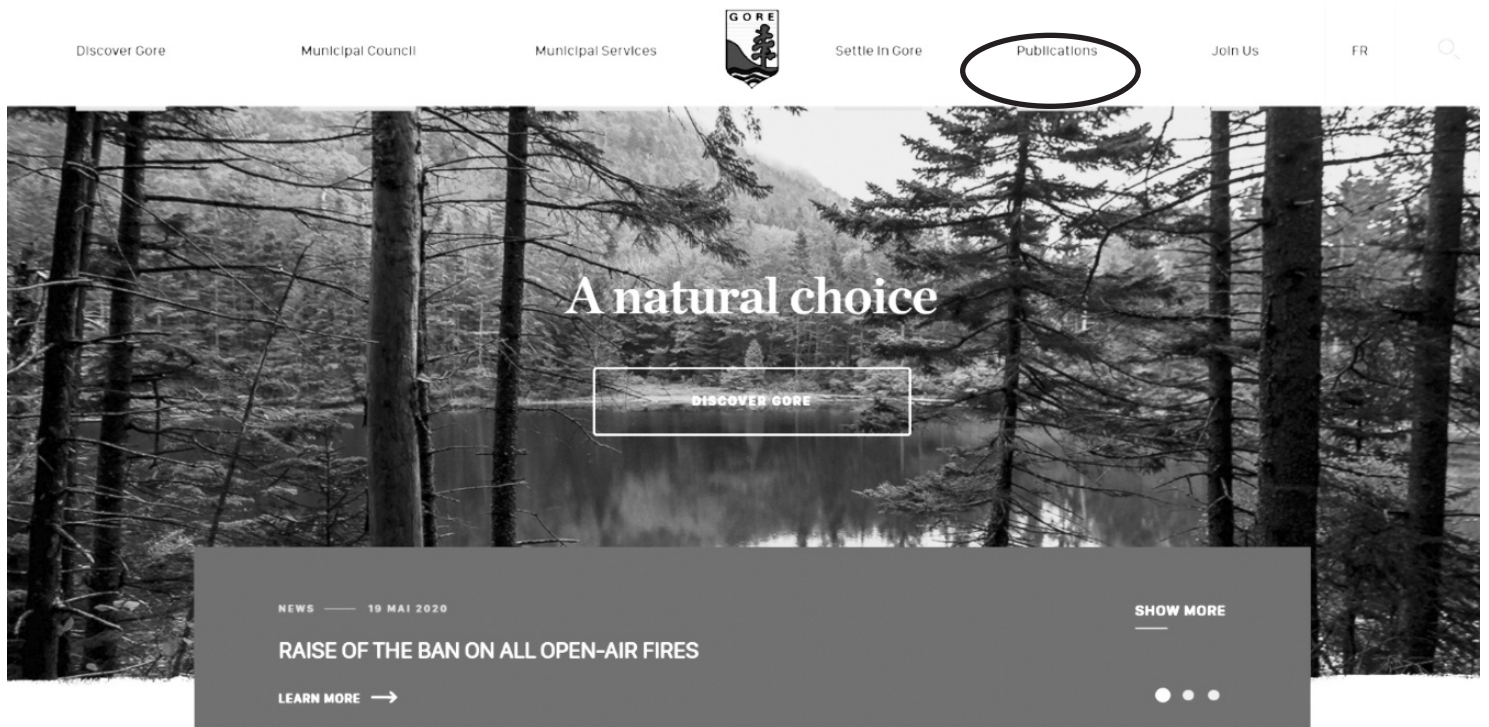
info@anahatamedicina.ca

anahatamedicina.ca

*Beginners welcome
Free trial*

FOLLOW US ON THE WEB

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










WWW.CANTONDEGORE.QC.CA

facebook @CANTONDEGORE

MONTHLY CALENDAR

NOVEMBER 2020

S	M	T	W	T	F	S
1	2	3	4	5  Garbage	6	7
8	9  Municipal Council – 8 pm	10	11  Remembrance Day	12  Recycling	13	14
15	16	17	18	19  Ordures	20	21
22	23	24	25	26  Garbage	27	28
29	30	31			<i>In this period of pandemic, thank you for protecting yourself and others.</i>	



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Lori's Links

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(Referrals are free)
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