Ogden Chronicle

70 Ogden road, Ogden (Quebec) J0B 3E3 • Tel. : (819) 876-7117
Email : info@munogden.ca • Internet : www.munogden.ca

July / August 2026



The *Ressourcerie:* A Project That Reflects Who We Are

A community distinguishes itself not only by the projects it carries out but also by the values it chooses to champion. The *Ressourcerie des Frontières* aligns perfectly with this vision of an Ogden that is united, responsible, and forward-looking.

A *ressourcerie* is far more than just a place to drop off items we no longer use. It is a place where goods find a second life, where reuse is prioritized over recycling, and where everyone can help reduce waste. This approach embodies the principles of the circular economy, which aims to extend the lifespan of products and use our resources more responsibly.

Every piece of furniture, book, or tool that is reused means one less item sent to the landfill, a saving for a family, and a tangible step for the environment. Yet, beyond the environmental aspect, a *ressourcerie* is also a place for meeting, mutual aid, and sharing. It fosters civic engagement and strengthens our sense of community belonging.

I am currently participating in a *Ressourcerie* working group tasked with reviewing operations to ensure long-term viability and to better distribute the financial burden among users.

In Ogden, we are fortunate to live in an environment where solidarity is a living value. I encourage you to make the most of their services—whether by donating items, shopping there, or volunteering some of your time. Let us support the volunteers, organizations, and partners who are striving to make a difference, each in their own way.

www.ressourceriedesfrontieres.com/a-propos/mission.php

David Lépine, mayor

TOWN HALL

MAYOR
David Lépine

COUNCILLORS
Michael Sudlow
Councillor nº 1

Michel Lesage
Councillor nº 2

Gilbert Boileau
Councillor nº 3

Samuel Tremblay-Bonsens
Councillor nº 4

Claudette Dupras
Councillor nº 5

Robert Dubois
Councillor nº 6

THE MUNICIPAL TEAM
Vickie Comeau
Director General and clerk-treasurer

Geneviève Dubuc
Building and environment inspector

Vincent Langlois
Road inspector

Justin Frenière
Road worker

Line Latour
Development Agent / Project Manager

Chantal Simard
Accounting Clerk

MUNICIPAL OFFICE
70 Ogden road
Ogden, Quebec J0B 3E3

Telephone : (819) 876-7117

Email : info@munogden.ca

Internet address : www.munogden.ca

BUSINESS HOURS
The municipal office is open by appointment from Monday to Friday from 9 am to Noon and from 1 pm to 4 pm.
The reception is open on Wednesdays and Fridays.

GRAPHIC DESIGN AND PRINTING OF THE NEWSLETTER
Les Publications Municipales
1 877 553-1955

MUNICIPAL INFORMATION

150th ANNIVERSARY OF THE GRANITE INDUSTRY

AUGUST 15TH & 16TH

GRANIT ROCKS!

Celebrate 150 years!

COMPLETE **AUGUST 15TH, SATURDAY AM** *FREE* See QR code*
Nature & history tour along the Graniteville Spur

AUGUST 15TH, SATURDAY PM *FREE* See QR code*
Public Lectures on the geology, history, personalities and architecture of granite

COMPLETE **AUGUST 16TH, SUNDAY AM** *FREE* See QR code*
Quarry tour and modern quarry methods

AUGUST 16TH, SUNDAY PM *FREE* See QR code*
Granite carving, fun workshops for children, information displays, a photography exhibition and other attractions

AUGUST 16TH, EVENING *$35 ADULT / $18 CHILDREN** See QR code*
BBQ/mechoui at 5 p.m. at Weir Memorial Park, followed by the Mike Goudreau Trio

** Reserve your spot early, 1st come 1st served!*

*** Tickets required. Reserve first, then purchase ticket at Ogden Town Hall or the Colby-Curtis Museum. Free for children aged 0–5.*

Find the activity schedule and book your spot on the website
heritageogden.ca/granite

information et réservations
heritageogden.ca/granite

You'd like to communicate with your Municipal Council members? You can reach them at the following e-mail addresses:

Mayor David Lepine :	maire@munogden.ca
Councillor Michael Sudlow :	mjsudlow@gmail.com
Councillor Michel Lesage :	mlesage@munogden.ca
Councillor Gilbert Boileau :	gboileau@munogden.ca
Councillor Samuel Tremblay-Bonsens :	stremblaybonsens@munogden.ca
Councillor Claudette Dupras :	cdupras@munogden.ca
Councillor Robert Dubois :	rdubois@munogden.ca

INTRODUCTION TO CHAIR YOGA WITH CINDY CLEARY

Date: Tuesdays, August 11th to October 13th, 2026
Time: 9 am
Where: Ogden Town Hall
To register: cdupras@munogden.ca





THIS ACTIVITY IS FREE FOR OGDEN CITIZENS

Chair yoga is a modified form of traditional yoga that focuses on practicing poses while seated or using a chair for balance. It is designed to be accessible and gentle, making it suitable for individuals with mobility challenges, seniors, or anyone who prefers a seated practice.

This activity incorporates meditation and breathing techniques, all while adapting poses to accommodate seated or chair-supported postures. .

Seating is limited. Lessons are given for one hour.

The Ogden Culture and Leisure Committee organizes this activity.

SAVE THE DATE!

PUT YOUR DANCING BOOTS ON!

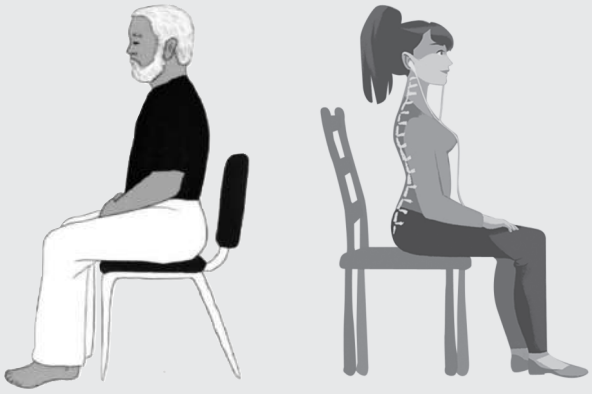


Line dancing classes with the Hurricane Dancers begins Wednesday, September 2nd at 7pm at the Border Curling Club at 26 Principale street in Stanstead!

This free activity is for Ogden citizens and organized by the Ogden Culture and Leisure Committee.

To register: cdupras@munogden.ca

WORKSHOPS IN OGDEN:
HEALING AND STRENGTHENING YOUR PELVIC FLOOR



Weakness or excessive tension in the pelvic floor causes problems that cannot be ignored. Here, we present three workshops, each lasting one hour, to demystify your pelvic floor—the foundation of your internal organs and the base of your spine.

Presented by Marie Florence - Dedicated instructor of yoga, Pilates, Qigong, Tai Chi, Essentrics, and more

When: Tuesdays, September 15, 22, and 29, 2026
Time: 10:30 a.m.
Location: Ogden Town Hall
To register: cdupras@munogden.ca

THESE WORKSHOPS ARE OFFERED FREE OF CHARGE TO OGDEN CITIZENS

IMPORTANT NOTE:

September 15: The first workshop will be conducted while seated in a chair: FOR MEN AND WOMEN

September 22: : The second workshop will be conducted both in a chair and on a mat while lying on your back: FOR WOMEN ONLY

September 29: : The third workshop will take place while seated in a chair and lying on your back on a mat: FOR MEN AND WOMEN

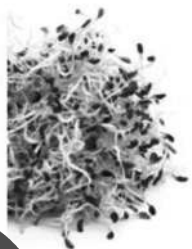
(If needed, all exercises can be performed while seated in a chair.)

Through images and exercises, you'll be introduced to and guided through both modern Western and ancient Eastern approaches to pelvic floor strengthening. You'll learn how to incorporate these exercises into your daily activities or sports routine. You'll also learn Taoist rejuvenation exercises that will allow you to create a morning ritual to strengthen your pelvic floor in synergy with your deep abdominal muscles.

All of this helps alleviate or permanently resolve most issues related to the reproductive organs and sex glands (gonads). It will be useful for relieving constipation and abdominal pain, restoring energy, and promoting overall physical health!

According to Taoists, mastering the contraction of the pelvic floor muscles is absolutely essential for both health and meditation. According to yogis, it is only when one understands these principles (the bandhas) that yoga exercises truly become YOGA.

This event is organized by the Culture and Leisure Committee of the Municipality of Ogden.



SPROUTS AND MICROGREEN WORKSHOP

WHEN: This autumn, date and time to be determined
WHERE: OGDEN MUNICIPAL BUILDING, 70, chemin Ogden

Come and learn how to grow your own sprouts and microgreens and the advantages in doing so.



FOREST LANDOWNERS OF OGDEN, STANSTEAD TOWNSHIP, AND SURROUNDING AREAS

MANAGING YOUR FOREST SUSTAINABLY



Free outdoor workshop for forest landowners without a forest management plan

Come join us!

Join us for an afternoon of learning and discussion to discover practical ways to:

- **Promote biodiversity**
- **Protect water quality**
- **Ensure the long-term health and resilience of your forest for future generations**

Friday
september 25th

1:00 p.m. to 4:00 p.m.

Ogden
Location will be confirmed upon registration

TOGETHER, LET'S MANAGE OUR FORESTS SUSTAINABLY!

To register, email us with your full name and phone number at: info@memphremagog.org

or call at: 819-574-2880

Agence de mise en valeur de la forêt privée de l'Estrie
Syndicat des Producteurs forestiers du Sud du Québec
Memphrémagog Conservation
Groupement forestier DES CANTONS
OGDEN
Canton de Stanstead
Corridor appalachien / Appalachian Corridor
Québec
Conservation de la nature Canada

This project was carried out as part of the Accelerating Conservation in Southern Québec (ACSQ) project, for which Nature Conservancy of Canada received financial assistance from the Government of Québec.

OGDEN MOBILE ECOCENTRE

A HUGE THANK YOU TO OUR VOLUNTEERS… AND TO THE CITIZENS WHO MADE A DIFFERENCE!

Our June 6 Ecocentre was a great success! Nearly 85 residents stopped by to drop off their materials. Thanks to the sorting process, many of these materials will be recovered, recycled, or repurposed, reducing the amount of waste that ultimately ends up in the landfill. Every visit makes a real difference for our environment, and we sincerely thank everyone who participated!

A special **THANK YOU** also goes to our amazing team of volunteers! Thanks to your enthusiasm, positive attitude, and a little bit of muscle (very much appreciated!). Everything ran smoothly in a friendly, welcoming atmosphere. You greeted residents with a smile and helped make sure every item found its way to the right container. One thing is certain: cleaning out garages always comes with a few surprises… and some of those discoveries almost deserved a place in a museum!

Our next Ecocentre will take place on **Saturday, September 19, from 9:00 a.m. to 1:00 p.m.**, and we're looking for a few more volunteers to join our team.

No experience is required—just a willingness to lend a hand and enjoy meeting people. We promise a friendly team, a fun atmosphere, plenty of laughs, and the satisfaction of making a positive difference in our community.

Have a few hours to spare? We'd love to have you join us!

To volunteer or to learn more, please get in touch with Line Latour at agent@munogden.ca.

Together, let's make our next Ecocentre just as successful as the first one. Thank you to everyone who helps make Ogden a greener, more welcoming community!

P.S:. Smiles are mandatory… muscles are optional.



CENTRAL GARBAGE SITE

To users of the central garbage site: Please note that a new camera system will soon be installed and that fines will be increased… so be sure to sort your materials properly when you bring them to the central site to avoid costly consequences!

Important reminders for everyone:

- The BROWN bins are for COMPOSTABLE materials only (What to put in the compost bin: kitchen scraps, yard waste, small branches, soiled paper and cardboard.)
- BLUE bins are for RECYCLABLE materials only (What to put in the recycling bin: containers, packaging, and printed material. That's it. *Please flatten your cardboard boxes so they take up less space in the bins.)
- The GREEN bins are for residual waste (TRASH) only - meaning items that are neither compostable nor recyclable.
- Be sure not to put bulky items, construction, renovation, or demolition debris, or hazardous household waste in the bins.

THANK YOU!

COMPOST

Here are the key points to remember about municipal compost.

First, municipal compost is an industrial compost made from organic materials collected from residents (brown bins), businesses, and municipal services.

The main components used in its production are:

- nitrogenous materials (kitchen scraps, animal products, and green yard waste);
- dry, brown carbon-rich materials (woody green waste, soiled paper and cardboard).

The vital elements of the process managed by the Treatment Centre are:

- water (controlled moistening of the mixture);
- oxygen (provided by mechanical turning).

The following items are strictly prohibited:

- plastics (bags, containers, Styrofoam packaging, etc.);
- metals and glass (bottles, tin cans, jars, etc.);
- chemicals (disposable diapers, cat litter, treated wood, etc.).

The conversion of organic matter into municipal compost follows a rigorous industrial process that generally takes between 8 and 24 weeks. Unlike home composting, the Régie's facilities use state-of-the-art technologies to maintain very high temperatures that destroy pathogens and seeds of weeds.

The Régie intermunicipale de gestion des déchets solides de la région de Coaticook (RIGDSC), composed of 22 member municipalities (including Ogden), collects and processes solid waste (garbage), compost, and septic sludge from residents of these municipalities.

In an upcoming article, I will describe in detail the process and the controls in place to ensure high-quality compost that can be used in flower beds and landscaping.

Michel Lesage
Municipal councilor no. 2
President of the Régie intermunicipale de gestion des déchets solides de la région de Coaticook (RIGDSC)

CIVIL SAFETY

OGDEN *Emergency Preparedness*
It's Serious

STAY IN TOUCH IN CASE OF EMERGENCY

Being able to communicate with family, friends and emergency responders is essential. However, keep in mind that ordinary communication devices may not work properly during an emergency.

- Make a list of emergency numbers and contacts so you can reach loved ones and emergency responders. During emergencies or disasters, it is not really the time to search through directories to find contacts and coordinates.
- Share this list with your loved ones and be sure to include all numbers so you can be reached wherever you are. Remember that in the event of an emergency or major disaster, you will not necessarily be at home.
- If possible, use non-voice channels, such as text messages, email or social media, as they use less bandwidth than voice communications and can work even when telephone service is interrupted or overloaded.
- If you must use a telephone, be brief and give only essential information. Short phone calls help extend your cell phone's battery life.
- Place spare batteries or a mobile device charger in the emergency kit. Consider buying a solar-powered, hand-crank, or vehicle charger. If you don't have a cell phone, keep a prepaid phone card in your kit.
- If you are told to evacuate, and you can forward incoming phone calls at home, have them forwarded to your cell phone.
- If you don't have a hands-free device, stop your vehicle on the shoulder before texting, making a call, or using your device. It's the law !
- Try to keep data stored on your phone, email account and other channels up to date.
- Note: Cordless phones depend on electricity and will not work during a power outage. If you have a landline, try to keep at least one landline phone in the house.

Additional smart phone tips

- Record agreed safe meeting places on your phone's mapping app.
- To keep your battery running longer, reduce screen brightness and close applications you aren't using.
- To reduce network congestion immediately after an emergency, avoid using your mobile device to stream videos, download animations or play video games.
- Sign up for direct deposit and online banking from your financial institution, so you can access your funds and make electronic payments regardless of your location.



DEFIBRILLATOR, EPIPEN AND NARCAN

Please remember that in case of a medical emergency, serious allergic reaction or opioid overdose, the Municipality of Ogden always has all three of the above items available in the outside emergency cupboard located beside the front door of town hall and that this cupboard is accessible at all times.



BANQUE ALIMENTAIRE
Memphrémagog
Because no one is immune to food insecurity...
819-868-4438 ext.1
www.banquealimentaire.ca
info@banquealimentaire.ca



"TOGETHER ON THE ROAD" AWARENESS CAMPAIGN

Sharing the Road… A Love Story

What if the most beautiful encounters began on the road?

With the "Together on the Road" campaign, the Memphrémagog MRC, the Sûreté du Québec, and the Régie de police de Memphrémagog are reimagining the world of dating apps to remind us that small acts of courtesy make all the difference.

A properly used turn signal, courteously yielding the right of way, maintaining a safe following distance, or making eye contact at just the right moment—these are behaviors that definitely deserve a first date!

Follow the "Together on the Road" campaign on our platforms and keep an eye out during "Good Driving Operations." Police officers will be on the lookout for drivers who stand out for their good behavior.

Do you use your turn signals? Do you yield the right of way? Do you respect other drivers' personal space? Watch out… we might be giving you a wink!

Discover the campaign at www.mrcmemphremagog.com/actualites/sensibilisation-au-partage-de-la-route