



**OPEN HOUSE  
NOVEMBER 23<sup>rd</sup>  
RICHMOND  
5 P.M. TO 7 P.M.**

**Reminder: No  
Canada Post  
delivery  
Monday,  
November 13**

THE  
**RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Slam Sauce  
starting out in  
Sherbrooke**

Page 3

**WEEKEND EDITION**

95 CENTS + TAXES

PM#0040007682

FRIDAY, NOVEMBER 10, 2017

**CMQ to  
review  
practices  
after Sévigny  
debacle**

Record Staff  
SHERBROOKE

The Commission municipale du Québec (CMQ) said Wednesday it would "revise" its communication practices so that its decisions are transmitted more quickly to recipients while maintaining their confidentiality.

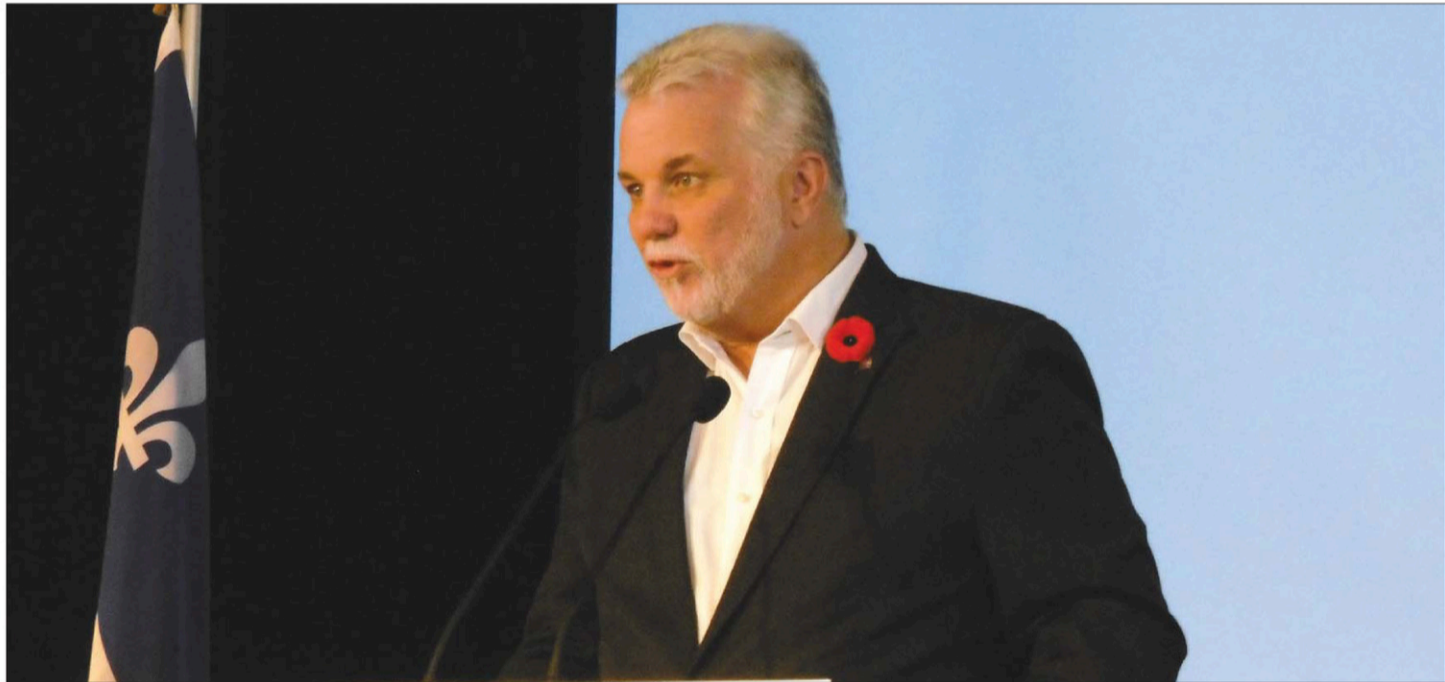
After being heavily criticised for the slowness with which it's exoneration of Sherbrooke Mayor Bernard Sévigny following a complaint filed by Councillor Jean-François Rouleau was communicated, the CMQ announced that it would review its ways.

Sévigny, who was hit with the complaint of ethics violations in mid-election, received notice that the complaint against him had been found to be groundless the day after he was defeated last Sunday.

The Commission says it wants to find the fastest way to deliver decisions while

CONT'D ON PAGE 3

**Couillard announces \$10.5 million  
to attract young workers to the area**



NICK FONDA

By Nick Fonda  
RICHMOND(NF)

Quebec premier, Philippe Couillard, held an hour-long press conference at Richmond's Centre d'Art on Thursday morning to announce almost \$10.5 million in financing to attract and retain young workers in regional areas like the Townships.

Couillard was accompanied by MNAs Luc Fortin of Sherbrooke who is Minister

for Family Affairs and Karine Vallières who represents the Richmond riding and who is Parliamentary Assistant for youth.

All three spoke about the lack of manpower currently faced by numerous enterprises, about the common desire to keep young people in the Townships, a part of the province that has much to offer in terms of quality of life for young people and young families.

As well as the three politicians, two young entrepreneurs, Stéphanie Delorme

and Christian Perrault spoke briefly of their experiences and their reasons for establishing their businesses in the Townships.

The press conference was attended by upwards of 75 people, most of whom were local mayors or people from the media. There was a noticeable police presence as well as group of a dozen or more protesters from the Union of Quebec Government Professionals currently negotiating a new collective agreement.



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## Weather



TODAY: FLURRIES

HIGH -8  
LOW -9



SATURDAY: SUNNY

HIGH -3  
LOW -12



SUNDAY: MIX OF SUN AND CLOUDS

HIGH 0  
LOW -9



MONDAY: SUNNY

HIGH 4  
LOW -5



TUESDAY: SUNNY

HIGH 2  
LOW -7

# Are you afraid of the dark?



## GOOD READS

### LENNOXVILLE LIBRARY

Recall being afraid of the dark as a small child. I had a night-light, which essentially solved the problem. I was a nervous kid, so there was always something freaking me out, but the darkness fear was one which could be mitigated. My favourite night light, purchased at a local yard sale, was a green glowing orb made of some kind of flexible seventies plastic.

So far my own children have not displayed an overwhelming or persistent fear of the dark. Beatrice mentions being afraid if she has had a hard day, or is particularly tired but not interested in going to sleep. We just moved to a new house. For the first night we did not have any curtains in the girls' room. Bea com-

plained that she was afraid because she could see the dark outside. This got me thinking about how sometimes the darkness can feel almost like a character—a figure with a personality. I don't think the darkness deserves to be painted as malevolent, but perhaps a bit mischievous and unknowable. Darkness has a special power to make our imaginations run wild, and turn everyday objects into shadowy monsters.

During the last six weeks of moving in and unpacking, we have all been getting used to and getting to know our new house. All of a sudden, last week, just before Halloween, the lights started to flicker and do unusual things. We thought it was the wind, or perhaps a ghost, but we didn't want to worry too much about it. This past Monday morning the flickering intensified and our appliances were not working properly. It became clear that we had an electrical problem. I was home alone and it was raining outside. I waited for the professional to arrive after turning off every light and waiting in the dark. Even as an adult, it is easy to let a lack of light fill us with fear. Even in the mid-day, because of the gloomy weather my house felt spooky. In the end our problem was something easily fixable and a crisis was averted. I was thinking about what subject to write about this week and after

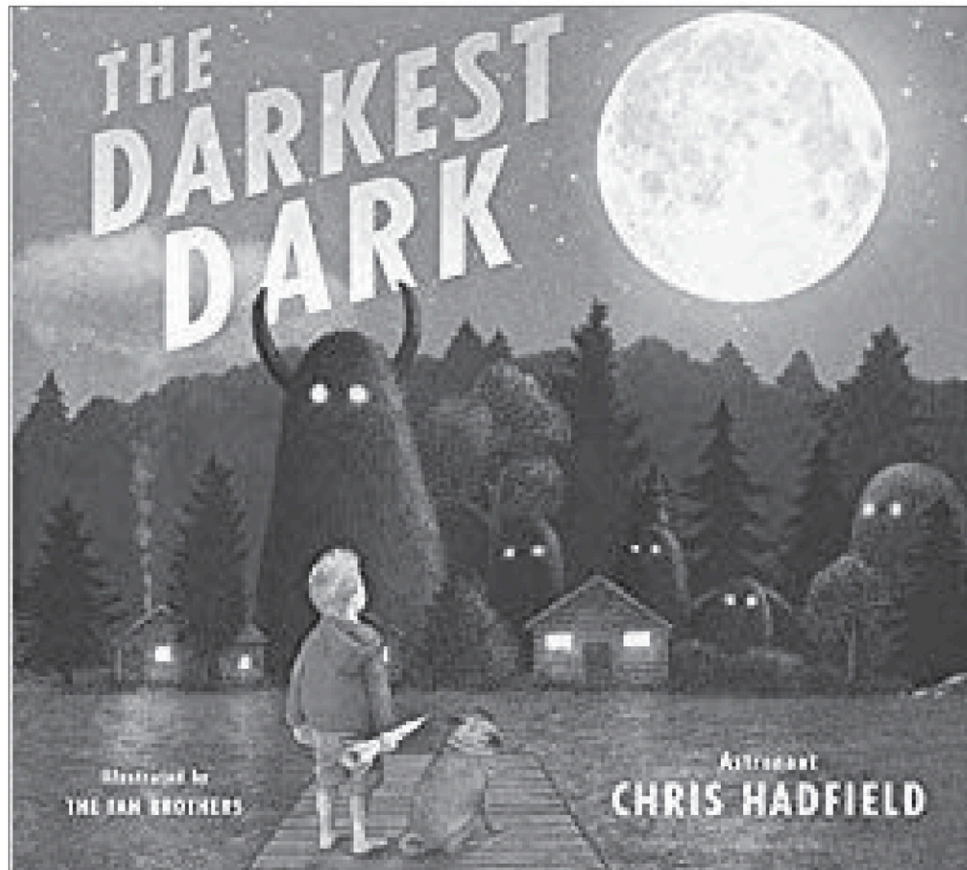
the minor electrical crisis I was inspired to by the dark. Two special books came to mind for this theme.

"The Dark" by Lemony Snicket (of "A Series of Unfortunate Events" fame) is a book where the dark is personified, and Laszlo, a little boy is afraid of it. He learns to visit the dark where it lives and, in the process of working through his fear, he comes to see "The Dark" as a necessary part of life. The dark allows Laszlo to know about light. We all have darkness in our lives. Sometimes that darkness is real and other times it is a metaphor for other scary unknowns. Human beings, and especially children, are afraid of things they cannot explain. In Snicket's book, the little boy faces his fear while in search of a replacement light bulb, and he is able to make friends with the dark. It is a simple and sweet story and easy for a young child to understand. In addition, it has some of Snicket's signature quirks that both parents and older children will appreciate. This book is available in the children's section of the Lennoxville Library.

The second book on the subject of darkness—also available in the Lennoxville Library—is by the beloved Canadian astronaut Chris Hadfield and is titled "The Darkest Dark". This autobiographical picture book tells the story of a young boy who has a lot of difficulty sleeping, and who is very afraid of the dark. His parents are supportive, but struggle to get him to sleep alone in his own bed. After witnessing a lunar landing Chris is inspired to visit space himself, and gains a deepened appreciation for darkness through the darkest dark of space. This book is beautifully illustrated and has quite a lot of text (it is not a quick bedtime story). I also enjoy the historical anecdotes and afterword by Mr. Hadfield. It is a picture book that kids of all ages can appreciate.

Children and adults alike can be afraid of the dark. We seek comfort in the glow of our lights and the promise of the sunrise. We never know what could be lurking in the closet or in the mystery of shadows. Children have the special gift of untethered imagination, which can amplify fear along with joy and excitement. Spending time with the dark and getting to know the mystery, magic, and wonder it holds can help us work through this fear. Both Hadfield and Snicket have explored this in a masterful way, and readers of all ages will be delighted by their stories about the dark.

—Shanna Bernier



## Ben by Daniel Shelton



# LOCAL NEWS

Since 2005, the proportion of elected officials aged 65 or over has been rising. While elected officials aged 65 and over accounted for 8.5 per cent of elected officials in 2005, this proportion this year is 20.1 per cent.

## Election breakdown

### Record Staff

While most citizens have an eye on their own municipality, the political landscape in a province wide context is worth considering.

The following are statistics from across Quebec regarding the recent municipal elections. The information was gathered by the returning officers of each municipality and compiled and distributed by MAMOT (The Ministry of Municipal Affairs, Regions and Land Occupancy).

### Vacancies

This past Sunday, elections were held in 1,100 municipalities and 16 MRCs across Quebec.

There were a total of 8,031 vacancies to fill; 1,100 mayoral positions, 6,915 councillor seats and 16 prefect positions.

A poll was held for at least one elected office (mayor or councilor) in 842 local

municipalities and 10 MRCs. Among them, 561 were mayoral positions, 2,909 councilor posts and 10 prefect posts were filled by ballot in 2017.

A total of 4,471 people were elected unopposed, slightly higher than in 2013 when 4,390 were elected. However, the number of municipalities whose council was fully elected without opposition has decreased from 246 in 2013 to 217 in 2017.

### Women in office

The total representation of women on municipal councils has increased following the recent election.

This year, 205 women were elected as mayor and 2,358 to a council position. In 2013, 190 women had been elected mayors and 2,204 women councilors.

Women now account for 32.3 per cent of elected officials, up 2.4 per cent from 2013.

There are now 34.7 per cent of municipal councils across the province

where the proportion of women is between 40% and 60%.

### New candidates in office

Of all elected officials, 41.7 per cent did not hold any elective office at the beginning of the election period. Of these newly elected representatives, 37.5 per cent are women and 36.5% are under 44 years old.

### Age range of elected officials

Young people aged 18 to 34 represent 8.3 per cent of all elected officials, a similar proportion to 2013.

Since 2005, the proportion of elected officials aged 65 or over has been rising. While elected officials aged 65 and over accounted for 8.5 per cent of elected officials in 2005, this proportion this year is 20.1 per cent.

### Voter turnout

The participation rate, in Quebec, for all the municipalities whose mayor or mayor was elected by poll rather than ac-

clamation was 44.8 per cent. This rate is lower than in 2013 when it was 47.2.

The participation rate in 2017 was similar to those of 2009 and 2005, respectively 44.8 and 44.5 per cent.

### The candidates

In total 12,954 men and women ran for either mayor, municipal councilor or prefect.

Among them, 4,041 women ran for seats on their municipal council, including 385 for a mayor position. They were particularly prevalent among 18-44 year olds and accounted for 40.5 per cent of candidates in that age group. Between 2005 and 2017, the number of women candidates rose from 24.7 to 31.3 per cent.

Across the province, 80 positions could not be filled after the first call for applications. The electoral procedures have been or will be taken over in order to fill them.

## Slam Sauce starting out in Sherbrooke

By Gordon Lambie

Believe it or not, Cameron MacDonald says that when he was younger he didn't like spicy food. The man behind Lennoxville's own brand of hot sauce was once a self-described "spice wimp."

"I couldn't handle it at all," MacDonald said, explaining that his father would bring spicy food into the family home all the time. It was only with time and experimentation that he was able to turn his tastes around.

"A couple of years ago my dad brought home this bottle of Nando's piri piri hot sauce and it was the best tasting hot sauce I had ever had in my life," he said. "This stuff was awesome, it tasted good on everything. I couldn't get enough."

Inspired by a new understanding of what hot sauce could be, MacDonald started playing around with recipes he found on the internet and, late last summer, he took the next step.

MacDonald's family home is now the base of operations for Gustum Foods, the company MacDonald founded in order to create Slam Sauce, his very own brand of hot sauce. Although still in its early stages as a company, Gustum has already made its public debut and just recently launched a website that its creator hopes will help carry the business through the winter between market seasons.

Although MacDonald is working out

of his home kitchen, he explained that his process is more complex than just whipping up a batch here and there. While anyone is free to cook up whatever they want for their own consumption, the sauce maker explained that as soon as you want to start selling your products to others there are a large number of rules you need to follow.

"If you're just selling produce, it's something that you grew and it is just being sold, that is totally fine," MacDonald said. "As soon as you start transforming the food, then it has to be traceable in case of some health outbreak."

The Slam Sauce creator explained that he had to take an extensive course on kitchen hygiene and risk management, and pointed out that one batch of sauce can take him as much as four hours to complete when one factors in the cleaning time before and after preparations.

"I'm quite certain that there are a lot of people who are not following the rules," he said, noting that after having seen how extensive the rules are with regard to the "cottage food industry" it would be easy for someone to miss a step here or there.

But why hot sauce? For MacDonald, it was all about challenging himself to do something new.

"If you'd told me a few months before I started doing this that I would be doing this, I would have been, like, no," he said.

"Life has a weird way of taking you places you don't expect."

Reflecting on the road that led him from experimenting with recipes to starting his own business, MacDonald said that he was motivated by the idea of being his own boss.

"I'd been toying for a long time with the idea of just doing something else," he continued "I wanted to work for myself and try to make something on my own."

Although the going is slow as he works to start out, MacDonald said that he is finding his way and making progress at getting established. After a launch at the Lennoxville street festival with four different kinds of sauce, the Slam sauce creator said that he is getting a feel for what people want and where he can get the peppers he needs.

"It's the hot ones that people like," he said, explaining that he now has products at several locations in Lennoxville and is working on getting more presence in Sherbrooke as a whole.

"The smaller stores have been nice," MacDonald said, emphasizing that he is taking small steps in order to keep the work manageable.

At the same time as he works on the business model, the Gustum founder is also cooking up new batches and experimenting with new ingredients.

"The basic essence is hot peppers, vinegar, and salt," MacDonald said, noting that everything else is just an extra.

"If you don't have those three things, you don't have a hot sauce."

More information about Gustum Foods is available at [www.gustum-foods.com](http://www.gustum-foods.com)



GORDON LAMBIE

MacDonald's family home is now the base of operations for Gustum Foods, the company MacDonald founded in order to create Slam Sauce, his very own brand of hot sauce.

## CMQ to review practices

CONT'D FROM PAGE 1

preserving their confidentiality, although it did not specify the means by which it intends to improve its practices. In a decision rendered on November

1, the CMQ ruled that outgoing mayor Bernard Sévigny had not breached any provision of the code of ethics for elected officials in the Well Inc. dossier. According to the Commission, Rouleau's complaint was "manifestly ill-founded."

The decision was not made public until November 6, however, the day after the municipal election, which resulted in Sévigny's loss to Steve Lussier.

In addition to Sévigny's entourage, several observers also criticized the fact

that the Quebec Municipal Commission still sends its decisions by mail rather than electronically. The CMQ has cited the need to preserve the confidentiality of its decisions to explain sending them by mail.

# School Page

## Knowlton Academy - Garden Project

Cameron St Onge, 9, grade 3

"It's good for you to be outside and good exercise and it's really good to have fresh air."



Griffon Blampin, 7, grade 2

"It's really fun and it's 'eatable'"



Melissa Elston, parent

"It's an amazing experience for students, parents, teachers and the community... It's wonderful for the kids to have access to healthy eating at school, it helps Wanda and the amazing ladies who work with her and is great for her budget. All in all it's a beautiful thing and all schools should have them."



Jess Cousens, Parent

"It's a wonderful educational experience for the children and a welcome addition to the school program!!"



Barbara Battley Greenwood, parent

"The garden program is amazing! Not only has it taught the kids the joy of growing their own food but by being a volunteer it has taught me a lot as well and I enjoy seeing the smiles and curiosity of the children. Plus it gives extra snacks during the day that helps boost their energy. My daughter loved it so much she took care of her own garden at home and we had fresh food all summer long."



### GLIMPSES OF THE PAST



Frederick James Sangster Fonds. Sherbrooke Historical Society

In the mid-nineteenth century, with the organisation of a municipal council, the British American Land Company seems to fade away from the City of Sherbrooke. However, it remains active until the 1950s by expanding its actions outside of real estate. Under the leadership of Alexander Galt the BALC develops its own industries by promoting the establishment of various manufactories in related sectors. More reluctant at first, Galt's successor will eventually yield 250 acres in 1866. The Paton manufactory was created that same year. By 1910, the company has sold most of its lands in Sherbrooke.

### INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Sherbrooke, a Place to Call Home*, presented in the *Andrée-Désilets* room of the Sherbrooke Historical Society.



LA SOCIÉTÉ D'HISTOIRE DE SHERBROOKE

275 Dufferin, Sherbrooke  
Informations : 819-821-5406

www.histoiresherbrooke.org



Hunter Perkins, 9, Grade 4

"It's really really, really fun I love planting seeds! "

Eaden Muir, 9, Grade 4

"I like planting food and I like going to the garden to see what's growing and is new down there."

Kirra Muir, 7, Grade 2

"It's fun and delicious, I love carrots! "



Victor Bertrand, 12, Grade 7

"Gardens bring life! And I love being outside."

Brayden Major, 12, Grade 7

"I love it that we have veggies to grow and have something to work on during recess and lunch."

Allison King, 8, Grade 3

"I like how we plant our own food and work hard."

# Gunshots keep locals on edge during hunting season

By Matthew McCully

Hunting season is in full swing in the Townships. It's an exciting time for many hoping to get a deer, moose or other game and have plenty of food in the freezer for winter.

For those who don't hunt, hearing shots ring while out for a walk can be unsettling.

The Record was contacted recently by a Lennoxville resident walking her dog in a wooded area near the Pères Blancs Missionary complex situated between St. Francis and Moulton Hill.

She heard a shot that was so loud and seemed so close that her dog bolted out of fear. Her daughter had heard a shot in the same area two weeks earlier.

Concerned for the safety of area residents, the woman contacted The Record to get the word out. She added that her daughter had called the police but was told it was the jurisdiction of the Ministry of Natural Resources and Wildlife.

The Record contacted the Ministry of Wildlife (Ministère des Forêts, de la Faune et des Parcs) to find out what to do if a person suspects there could be hunting in a prohibited area.

The ministry representative admitted there is a grey zone given that laws per-

taining to two different jurisdictions are at play.

Game wardens (also known as protection officers) are mandated to enforce laws specific to hunting. Police are responsible for enforcing the laws specific to a municipality.

Regarding the shots fired, the ministry representative said that first of all, it is difficult to determine whether the shot was illegal.

Hunters have a right to hunt, he said, even within the municipality of Sherbrooke.

When asked what a citizen should do if they hear gunshots near a residential area, the response was to contact the local police services.

If a hunter has a license, bib and proper gear, and is respecting the rules in force during the season, they have a right to shoot.

Whether or not they were too close to a home or town depends on the municipal bylaws in place regarding firearms.

"The protection officer can only check the conformity of the activity and not the firearm discharge within the city limits," he said.

In the case of the Lennoxville gunshot, the concerned citizen pointed out that the shot most likely came from the

private property of the Pères Blancs, some 50 acres of wooded area with walking paths.

The Record went to see the missionaries, who confirmed that their land was off limits to hunters. While they themselves hadn't heard or seen any hunters this season, they said in the past they have had hunters encroach on their property. At one point, an attempt was made to mount a deer stand on their property without their permission.

According to the Wildlife Ministry, hunters who go on private property without authorization are subject to

municipal trespassing laws and again, the police should be called.

The wildlife protection officer can only intervene if the property concerned is part of a territory that has an agreement with the Department (sections 36-37) and then only to validate whether the hunter is legally authorized to hunt there.

The rep pointed out that there is a specific number to call related to poaching. If anyone is witness to hunting at night out of season, they should call 1 800 463-2191.

## Sherbrooke downtown streets to close

Record Staff  
SHERBROOKE

The City of Sherbrooke is advising motorists that downtown streets will be closed this Sunday afternoon, November 12, as part of the Remembrance Day commemoration.

From 2:30 pm to 4:00 pm, King St. West will be blocked between Alexandre and Wellington Streets, as will

Cathedral, Marquette and Peel, in whole or in part. Traffic will also be prohibited on Wellington St. North between King St. and Frontenac St. from 3:30 pm to 4:00 pm. Motorists will have to take a detour through the adjacent streets. Parking will also be prohibited on some streets in the area. Temporary signage will be put in place and police will be on hand to direct motorists.

# Secret Santa Campaign

we need your help to make a child's holiday unforgettable!



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# EDITORIAL

EPA administrator Scott Pruitt has denied the well-known connection between carbon dioxide emissions and global warming, and Energy Secretary Rick Perry has argued the science isn't conclusive.

## SCIENCE MATTERS

# U.S. climate report leaves little room for doubt

By David Suzuki

It seems odd that a major U.S. government climate report released November 3 didn't receive more media attention. But then, the main thing newsworthy about the Climate Science Special Report is that it was released at all, apparently without political interference.

Although the U.S. government is required by law (enacted by President George H.W. Bush in 1989) to report to the public about "climate change and its physical impacts" every four years, the current administration is openly hostile to climate science and scientists. According to White House sources quoted in the New York Times, President Donald Trump was "barely aware of the report's existence."

The report, released by 13 federal agencies under the direction of the National Oceanic and Atmospheric Administration, examines the available science. It was written by dozens of government and non-government scientists, reviewed by the independent National Academy of Sciences and approved by the National Economic Council.

It concludes we are living in the warmest period in the history of modern civilization, with the last three years being the warmest on record, that we are seeing more "record-breaking, climate-related weather extremes" and that all the evidence points to human activities, "especially emissions of greenhouse gases," as the main cause. Climate change should be in the headlines every day until everyone takes it seriously, but the report's conclusions are not new.

"Thousands of studies conducted by researchers around the world have documented changes in surface, atmospheric, and oceanic temperatures; melting glaciers; diminishing snow cover; shrinking sea ice; rising sea levels; ocean acidification; and increasing atmospheric water vapour," the reports says.

It's hard to imagine anyone could read this report, or read about it, and not be convinced we have an urgent problem and that failing to put everything we can into resolving it puts our survival at risk! And yet, the government overseeing

this report is filled with people who reject climate science. The president himself has called it a hoax. He's appointed climate science deniers to key positions, repealed and weakened environmental laws, had climate change references removed from the Environmental Protection Agency's website and barred EPA scientists from presenting climate change reports. Many delegates at the UN Climate Conference underway in Bonn, Germany, have condemned Trump's decision to pull the U.S. from the Paris Agreement.

The official White House statement on the report was a rehash of tired climate science-denial talking points. White House spokesperson Raj Shah said, "The climate has changed and is always changing." He then went on to cast doubt regarding the climate's sensitivity to greenhouse gas emissions.

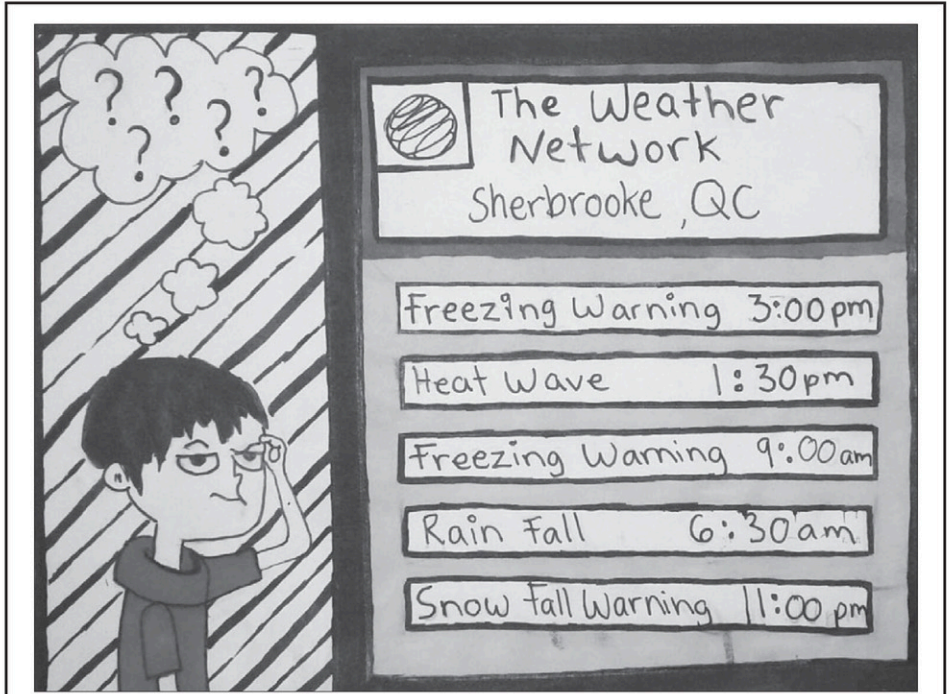
EPA administrator Scott Pruitt has denied the well-known connection between carbon dioxide emissions and global warming, and Energy Secretary Rick Perry has argued the science isn't conclusive.

But the report also shows that, despite its apparent descent into a post-truth, anti-science dystopia, the United States still maintains sanity in some of its major institutions. Organizations like NASA, NOAA, the EPA and the Department of Defense, along with numerous non-governmental scientific institutions, are continuing to examine the real trends and risks of a planet warming rapidly because of human activity.

It also shows we must do all we can to work toward solutions — economic, technological, philosophical and more — and to only support politicians who demonstrate the foresight, imagination and courage to take on this crisis with the force and intensity it merits.

One frustration of studying and communicating about climate issues is knowing that so many solutions exist and are being developed, but that widespread denial of the problem prevents us from moving beyond outdated technologies and economic systems.

That people who profit from those outdated technologies would do everything



Emma McLeod- level 1 Alexander Galt art student, reflecting on the wild weather in Canada this fall

they can to sow doubt and confusion is not surprising. That a government elected to serve the people would reject the findings of its own scientists and researchers from around the world to the detriment of human health, the economy and the environment is an intergenerational crime.

Christopher Field, director of the Stanford Woods Institute for the Environment, told the New York Times, "This profoundly affects our ability to be lead-

ers in developing new technologies and understanding how to build successful communities and businesses in the 21st century." It also puts human survival at risk.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Commentary

### The cat is out of the bag!

Advertising on recovering waste material has been invasive in Quebec in recent years. The chorus "We Recover in Quebec" and its well orchestrated echoes have invaded our living rooms several times during prime time. Most Quebecers, even without advertising, have proven themselves conscientious recyclers: Every year, 800,000 tons of glasses, paper, plastic, and cardboard take the path to the recycling bin every year. Conscientious citizens have come to accept the idea that recovery meant recycling.

And now China is intervening. We were exporting about 350,000 tonnes of our recovered paper, plastic, and cardboard to China to be recycled there. But they don't want it anymore, because they want to minimize the importation of "foreign waste". Previously, Chinese industry accepted lower quality sorting of recovered materials. We were told that we export this "quality" because that's what the Chinese wanted. It may be more because it's all we had to offer.

What are we going to do with this refusal by the Chinese? We could bury it, which would be scandalous, socially, economically and ecologically. Maybe we could store it? The Olympic stadium would not even be big enough! In addition, we probably have no more equipment than the Chinese to separate this "quality".

There is at least one solution: Change the collection method. Don't mix everything with the subsequent obligation to untangle everything. In particular, glass should be removed from recovery bins. Cascades has stated that it was ready to use all recovered paper in Quebec provided it was free of glass. Glass manufacturers want clean local glass at all costs. It is even, they say, a condition of survival for their companies. Finally, Quebec plastic packaging contractors disappeared one after the other because of poorly sorted materials. Specifically, contamination by broken glass broke the machines and prevented any possibility of profitability.

Recovery does not mean recycling. But the two are inseparable. To recover without recycling is to work for nothing. It's spending for nothing. Effective logistics should be put in place for the management of the recovered material to allow it to be recycled here for our greatest collective wealth and for an ecological impact that isn't just minimal but advantageous.

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# COLUMNIST

*Our annual ritual bids us remember and ponder, we who are left, the enormity of human losses over time.*

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

Today's word: Remembrance

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Carole Martignacco

**1**) Tomorrow is Remembrance Day. For the past week we have worn poppies out of respect for our fallen veterans. The bagpipes and the trumpet call us to pause in our busy lives and, in silence, remember the victims of war. My father and two of my uncles served in World War 2. My great uncle, whom I am named after, died as a result of post traumatic stress after serving in the trenches in World War 1, which was supposed to be the war to end all wars. The word remembrance brings all these thoughts to mind.

There once was a dream, a dream of peace. This inspired the creation of The United Nations. I have memories of peace protests in the sixties and seventies. Songs inspired us to imagine a better world. When the Cold War ended those hopes revived. Instead, each year it seems another war begins somewhere.

A phrase that is usually part of our service of communion is "Do this in remembrance of me." Reminding us that the sacrament is meant to be shared in the name of Jesus Christ. It also occurred to me that remembrance should lead to action. We mourn the loss of our fallen soldiers. We lament the hatred and greed that led to war. We stand for a moment of silence to show respect. Afterwards we put our poppies away for another year. What do we do after November 11th? Maybe it's time to do something in remembrance. Maybe we need to rekindle the dreams of a better way.

Let there be peace on earth, and let it begin with me.

**2**) All that was, all that is, all that yet will be. To remember is to go back in time, in the mind, the heart, the spirit. To bring that memory of the past into the present time ~ to reconstitute, make sense of, attempt to integrate, urge or challenge, perhaps to call us to new ways of living. I have no real visual or episodic memory; most of mine is captured in photographs I have taken and songs that I have written, which I carry in my body and in my voice. (WLP).

Remembering is often thought of as putting parts together again: re-remembering. With regards to Remembrance

Day, I see it as an important part of our annual cycle of sacred days. We come together, physically and in spirit, to honour those who have lost their lives, or who have been physically and emotionally wounded by the conflict of war.

Fear, the daily reality of ongoing war and strife, dis-members us, keeps us from wholeness. If by remembrance we re-member, what are we healing, how and from what?

May Remembrance Day continue to be about honouring those who have fallen, while working and serving love and peace. (HFF)

**3**) If we think of the First World War, the cause was Nationalism. Nationalism is on the rise in Europe and south of the St. Lawrence. This nationalism led to the loss of a generation of men in both continents. The bravery of those who followed the call of Nationalism was never in question. But the thought that God was on each side is relevant for today's strife within Islam as well as with Christendom. Who welcomes the refugees, and whose humanity is limited by nationalism and personal interest? (LRD)

Remembrance has a bittersweet flavour when we truly sit and contemplate it. Sweet memories lift up in our hearts as we think of things that have been lost from our thoughts in the previous moment. However, other emotions so often come with these rising memories - grief, anger, laughter, nostalgia. What emotions might you add to this list? These seemingly opposing emotions can be held in our hearts and our minds simultaneously. And it is powerfully important that we take moments to remember. This week we honour Remembrance Day, and these opposing emotions are a part of moments of remembrance as well. (RBC)

Remembrance is not sentimentality or living in the past. Remembrance is about the future. The future is always a product of the past. What we choose to remember, celebrate, and hold up will shape our future. So we must be intentional and wise about the things we choose to remember. (NH)

**4**) I can't remember a gloriously sunny Remembrance Day; memory always paints it grey. Gathering subdued in the autumn chill at the cenotaph, we greet each other and wait for

the procession to begin. Neighbours, friends, veterans, relatives and the descendants of those who died serving in wars that go back a century, we shiver and stand together. The colour guard arrives in formation, a bagpiper plays, the ceremony begins and a hush falls over the crowd. There's the precision march and bugle call, the welcome and prayers, then silence, followed by the laying of wreaths. This is the moment the losses become real when the names are called. We remember them.

Our annual ritual bids us remember and ponder, we who are left, the enormity of human losses over time. Feeling outrage that the cost of peace should ever be death. Sorrow that somehow our human "kind" not only continue the old patterns of conflict but in every age invent new ones. Grief is normal, but dying for peace! May it never be normal, even as it is repeated again and again in so many parts of the world to this very day. For me, remembrance requires searching my own heart. Wondering at the losses we can never know or name, descendants unborn, suffering that can

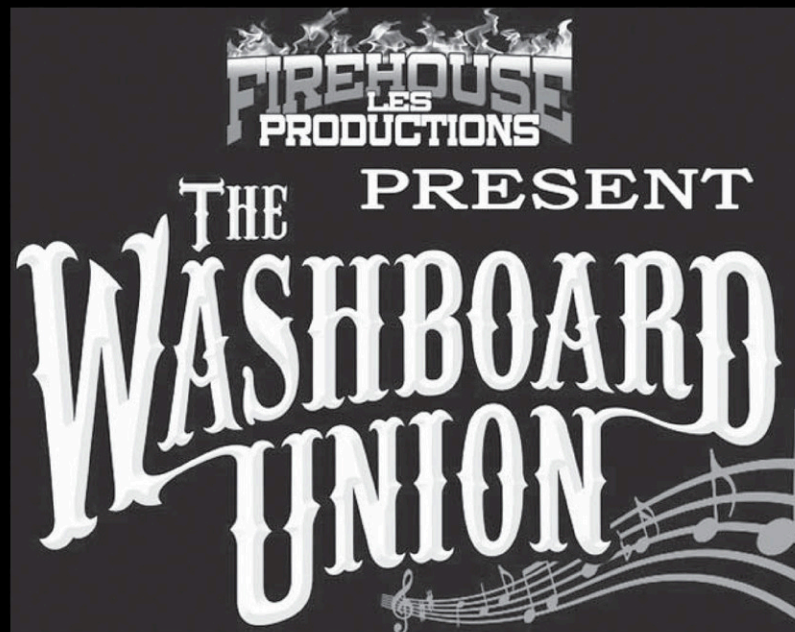
neither be quantified nor erased. Hopes, dreams, gifts and potential lost with each lost life.

If they could return a moment and speak, those dead in the pursuit of safety and peace - what would they would ask of us, the still living. "Never, never again" rings in my heart. Can we truly reverence their lives if we refuse to make good on the dream?

**One word, several voices this time, some guest ministers at a retreat this past week. Now it's your turn to reflect: What does remembrance - the day or the act - mean to you?**

*Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.*

### WIN V.I.P. TICKETS & DINNER



Would you like to win a pair of V.I.P. tickets to The Washboard Union Concert (November 26, 8 p.m., at Centennial Theatre) and a \$50 gift certificate to Sebby's Pub & Grill?

All you have to do is email The Record with the answer, along with your name and daytime phone number, to the following question by November 10 at classad@sherbrookerecord.com.

What Canadian city is The Washboard Union from?

The winner will be randomly drawn on November 13 at 9 a.m.



See your gift grow



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## CCMA winners set to perform at the Centennial



### COUNTRY CONNECTION

JESSIE PELLETIER AULIS

The Washboard Union, CCMA's winner for "Roots Group of the Year Award" for the second consecutive time, will be performing at the Centennial Theatre on November 26. This show is a presentation of Firehouse Productions.

Composed of Aaron Grain, Chris Duncombe, and their best friend David Roberts, the Washboard Union have become one of the most exciting and talked about new bands on the Canadian country music scene.

They are also a concert favourite on the festival circuit throughout the summer. The three musicians share a common love for the art of songwriting and performing.

It all started when Grain's mother started dating Duncombe's father. They boys became friends and discovered a common passion in music. "It was years later that we met up with Dave and realized that we all really loved singing harmonies and playing that folksy influenced music, but taking a new twist on

it and making it really harmony driven," said the guys from the Washboard Union in a telephone interview.

They owe the name of the group to an old washboard dragging around in the studio, which they would tap on for beat. "We decided it would be a nice throwback to one of the original instruments in country music. That's why we named the band the Washboard Union," they explained.

Their debut album, 'In My Bones,' was recorded in Nashville at the historic RCA studio A, built in 1954 and home to Chet Atkins and Elvis. The chance to record in such an historic building meant a lot for the members of Washboard Union.

"It was an incredible experience. It was just such a privilege for us to be able to record there. The album inadvertently ended up being called In My Bones because all those old stories and those old performances that have happened in that building and sort of found their way in our hearts," they stressed.

The guys do a lot of songwriting and they co-write as well. Their inspiration comes from the everyday life like most songwriters. "It has always been important to us to put images in our songs that will tell the story properly. The three of us have been in love with the craft of songwriting so long. Our favourite songwriters are great storytellers so if even a tiny little bit of that has robbed off on our music we consider ourselves lucky," they said.

The three friends are influenced by contemporary music like Zac Brown Band and Keith Urban as well as the more traditional music and songwriting



COURTESY

Radio show hosts Jessie Aulis, left, and Annie Plante.

of Marty Robins, Kris Kristofferson, Buck Owens, and Willie Nelson to name a few.

"When you look at the country music genres over the years, I think we're lucky that we're out now, because we draw influences from the entire pack and there's a little bit of everything in Washboard's songs; it is kind of neat," explained David Roberts.

Friends seemingly forever, the music they make and their lively performances have set them apart as one of the most unique talents in country music today. The band's major label debut, In My Bones was well received by the fans and singles such as 'Maybe It's the Moonshine' as well as the Top 5 Country Radio hit 'Shot Of Glory' and 'Head Over Heels' did extremely well on the charts.

"We were surprised as anybody that our music was played on the radio. We were always told from the very beginning that we didn't sound quite like most country bands," they said. Their sound is different from others, there's a uniqueness in their music and that appeals to country music fans.

"At first we were a little worried of that but now we are pretty thankful because people really started grabbing onto that," they added. "We love playing live shows, we love experiencing the people and the crowds and just the fans are amazing in country music. So it's basically, we can't stop now," they stressed.

From being together on the road a lot, and sharing a house, the guys have become a family and they are comfortable

travelling together. "We're so used to staying together, we're kind of inseparable. First we get a lot more done (their music and songwriting). We just don't know if we can function properly when we're not together."

Their song 'Shine' is the first single of the upcoming album and they have a very exciting single coming our way in the next month. The Washboard Union is working on a new album and they are excited about it.

"We spent a lot of time writing and really honing down what the Washboard 2.0 would sound like. We want to give more, try to do more of what we've been doing and embellish that. The new record will definitely show a new side of TWU. We really like these upbeat positive songs, we think we send a good message," they explained.

Concertgoers will love their high-energy show. The guys are immensely talented and their material is infectious. This is not their first visit to Quebec, since their summer tour included a few dates in La Belle Province.

"We've toured a lot this summer, so we've been able to hone our show; we know what works and what doesn't work. We have some brand new material that we want to share with Quebec," they said.

Firehouse Productions Inc. has long eyed the Washboard Union to perform at Centennial Theatre. As FPI's President François Gilbert says, "TWU offers a

CONT'D ON PAGE 16



YOUTUBE

The Washboard Union — left to right, Chris Duncombe, David Roberts, Aaron Grain.

# Opera to focus on Great War nurses 100 years after hospital ship sinking

By Cassandra Szklarski  
THE CANADIAN PRESS

The creators of a planned opera about the tragic sinking of a Canadian hospital ship during the First World War say it's time to resurrect the stories of nurses who died in heroic service.

The sinking of the HMHS Llandoverly Castle was considered one of the worst atrocities committed against Canada during the Great War and yet it is little known today, says librettist Paul Ciufu.

He and Toronto composer Stephanie Martin are working on an opera they hope will be ready for public performances by June 27, 2018 — the 100th anniversary of the sinking.

"I don't think it's well-known outside of historians. I like to think that I've taken an interest in my life in wartime history and done a lot of reading and it was unknown to me," says Ciufu, whose Second World War radio drama "On Convoy" was produced and broadcast by CBC Radio in 2002.

"Everybody I tell seems to be hearing it for the first time."

While recent centennials — which have included Vimy, Passchendaele, and the beginning of the First World War — have shed light on the war's many triumphs and heart-shattering moments, Martin says there's been precious little on the role women played.

"It's really important to tell this story

because it is a woman's story," says Martin, who found collaborators in Toronto's Bicycle Opera Project, a company that focuses on contemporary Canadian works.

"The Vimy celebration was all about the people in combat and it wasn't about those behind the scenes who were just desperately trying to keep people alive."

The story begins aboard the Llandoverly Castle as it brings 600 wounded men to Halifax from Liverpool. Also aboard are nearly 260 crew members, among them doctors, nurses and other members of the Canadian Army Medical Corps.

As they return to Liverpool, they are intercepted by a German U-boat that torpedoed the ship under the mistaken belief it is secretly harbouring fighting men and munitions. What happens next is even more horrifying, says Ciufu.

"The (German commander) realized that he had just sunk a hospital ship, broken the laws of war, and that this would reflect terribly on Germany, so he decided to kill everyone in the lifeboats," says Ciufu, who relied on a nurse's diary, articles and transcripts from a subsequent war crimes trial to build his dramatization.

In the end, 234 people lost their lives, including all 14 nurses.

Ciufu's tale centres on real-life nursing sister Rena McLean from Prince Edward Island, whose nickname was Bird.

Other characters based on actual figures include matron Margaret Marjory Fraser, who went by Pearl; survivor Sgt. Arthur Knight, who was on one of the lifeboats with the doomed nurses; and the commander of the German U-boat, Helmut Patzig.

Ciufu says there will also be a chorus made up of nurses who died in wartime service — characters that have the ability to see the past, the present and the future.

Martin says she's trying to collect financial backing for a 10-person orchestra with strings, flute, clarinet and a French horn to evoke bugle calls. The music will incorporate material from the time period, such as the actual tune played when they disembarked.

The dramatic story seems tailor-made for opera, with Ciufu highlighting the very extremes of humanity in a case that outraged Canadians at the time and fuelled intense anger towards Germany.

"(Patzig) is going to show the darkest impulses of war and then the nurses are going to show the grace that can exist even in the darkest circumstances," he says.

The forgotten resilience of these nurses is slowly returning to the spotlight, say Ottawa-based historians DiAnne Dodd, who examined their deaths in a recent paper for the Canadian Bulletin of Medical History, and Cynthia Toman, author of the book "Sister Soldiers of the Great War: The Nurses of the

Canadian Army Medical Corps."

Sixty-one Canadian nurses are believed to have died during the Great War. There were 2,845 nurses that served, says Toman.

Rather than conform to gendered notions of frailty and illness under duress, these women responded to their duties as soldiers, says Dodd.

She writes of an ailing nurse named Agnes Forneri who faints while on day duty in early 1918, but continues to work. On night duty she vomits "a quart of blood" but still reports for duty the next day, finally collapsing and dying soon afterwards.

Toman also recounts a relentless work ethic, especially among the dozens stationed on the Greek island of Lemnos where two nurses died.

"It was considered one of the most horrible conditions of the whole war," she says, noting there were scant food supplies and unsanitary conditions.

In many ways, they were treated as equals — Toman notes that Canadian nurses were the only enlisted women of any Allied military service. They started as first lieutenants and would progress through the ranks to major, the rank held by matron Margaret Clothilde MacDonald. In the Second World War, there were many more captains and majors, with the highest ranking woman being Col. Elizabeth Lawrie Smellie.

Still, Toman says their

CONT'D ON PAGE 13

## Your week on TV

WEEKDAY MORNING														
Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
WCAX 3	-	Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right		
WPTZ 5	-	NBC5 News Today		Today				Live with Kelly and Ryan		Megyn Kelly Today		Today-Kathie Lee & Hoda		
CBMT 6	206 301	Daybreak		(:15) Artzooka	(:45) PJ Masks	Var. Programs		Daniel Tiger		(:05) Poko	Chirp	Super Why!	Daniel Tiger	Dragons' Den
CHLT 7	107 718	F	Salut bonjour (N) (SC)										Le tricheur	Mario Dumont
		M												
		T												
W														
Th														
WMTW 8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View		
CKSH 9	108	Petit Poilu	Jack et	Garfield et cie	Salmigondis	Pyjam.	Arthur	Var. Programs	Marina Orsini			Ricardo	Silence	
CKMI 11	-	Global News Morning		Morning Show				Huntley Str't	Anna Olson	Property Virgin	Security	Income Prop.		
CFCF 12	205 312	Your Morning		Live with Kelly and Ryan				The Marilyn Denis Show		The View		The View		
WVNY 22	-	Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program		Paid Program		
WUTV 60	-	Paid Program		Paid Program		2 on Your Side Daybreak		Var. Programs	Forensic Files	The 700 Club		Couples Court	Couples Court	Maurly
CFKS 61	106 726	F	Infopublicité	NVL	Loi-nombres	NVL en bref	Marvel	NVL en bref	Chicago Police	NVL en bref	Histoire	Guerre-clans	CSI: Miami (SC)	
		M		NVL week-end										
		T		NVL										
W														
Th														
WUHF	-	363	Paid Program	Good Day R	Good Day Rochester		Good Day Rochester		Judge Mathis	The Wendy Williams Show		Jerry Springer		
WETK	-	-	Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Curious	Daniel Tiger	Daniel Tiger	Splash	Splash	Sesame Street
WCFE	-	-	Wild Kratts	Odd Squad	Curious	Curious	Daniel Tiger	Daniel Tiger	Splash	Dinosaur Train	Super Why!	Sesame Street	Thomas & Fr.	Arthur
A&E	615	520	Paid Program	Paid Program	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Var. Programs	Bounty Hunter	Var. Programs
BRAVO	620	523	F	Relic Hunter (SC)	"A Very Merry Mix-Up" (2013) Alicia Witt, Mark Wiebe. (SC)				Relic Hunter (SC)		"A Very Merry Mix-Up" (2013) Alicia Witt, Mark Wiebe. (SC)			
			M		"Catch a Christmas Star" (2013) Shannon Elizabeth. (SC)						"Catch a Christmas Star" (2013) Shannon Elizabeth. (SC)			
			T		"Finding Christmas" (2013) JT Hodges, Tricia Helfer. (SC)						"Finding Christmas" (2013) JT Hodges, Tricia Helfer. (SC)			
			W		"Pete's Christmas" (2013, Children's) Bruce Dern. (SC)						"Pete's Christmas" (2013, Children's) Bruce Dern. (SC)			
			Th		"The Twelve Trees of Christmas" (2013) Mel B. (SC)						"The Twelve Trees of Christmas" (2013) Mel B. (SC)			
CNN	500	500	Chris and Alisyn	Chris and Alisyn	Chris and Alisyn	Chris and Alisyn	Chris and Alisyn	CNN Newsroom With John	CNN Newsroom With John	At This Hour With				
DISC	520	505	F	Alaskan Bush People (SC)	Alaskan Bush People (SC)		Mayday (SC)		Homicide Hunter: Kenda	How It's Made	How It's Made	Bering Sea Gold "All In"	Homestead Rescue (SC)	
			M							Alaskan Bush People (SC)				
			T							Ice Lake Rebels (SC)				
W								Gold Rush "Cruelest Cut"						
Th									Deadliest Catch (SC)					
HIST	522	506	Pickers	Var. Programs	Truckers	Var. Programs	Yukon Gold	Var. Programs	Canadian Pickers	Varied Programs				
RDI	126	730	(5:00) RDI matin		Movie				L'info		Isabelle Richer			
SHOW	616	521	Movie		Movie				Movie					
SLICE	601	562	ET Canada	Say Yes-Dress	Varied Programs									
SPIKE	628	584	Paid Program		Paid Program		Paid Program		Paid Program		Varied Programs			
TLC	521	560	What Not to Wear		7 Little Johnstons		7 Little Johnstons		7 Little Johnstons		Varied Programs		Four Weddings	
TSN	400	400	F	SportsCentre	SportsCentre (SC)	SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		Hockey
			M	SportsCentre (SC)	SportsCentre (SC)	SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		
			T	SportsCentre	SportsCentre (SC)	SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		
W														
Th														
YOUTH	551	542	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	SpongeBob	Cloudy, Meat	Cloudy, Meat	The ZhuZhus	The ZhuZhus	Chuck's	Chuck's

# Your week on TV

WEEKDAY AFTERNOON													
Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk		Let's Make a Deal		Family Feud	Family Feud	Channel 3	3 News
WPTZ 5	-	-	NBC5 News	Day Jeopardy	Days of our Lives	Steve		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Escape to the Country	The Goods		Heartland		Bondi Vet			Murdoch Mysteries
CHLT 7	107	718	(:02) Le TVA régional		Movie		Var. Programs	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	News	Ac. Hollywood	The Chew	General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	-	F Telejournal	Regard	Castle (SC)	Virginie (SC)	Virginie (SC)	Terre humaine	Terre humaine	Entrée principale (N) (SC)			Silence
			M Animo (SC)										
			T Monde-parlait										
			W La facture										
			Th L'épicerie										
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk		Rachael Ray		Millionaire	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social	Dr. Phil		The Dr. Oz Show		The Ellen DeGeneres Show		CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	The Chew	General Hospital		Judge Judy		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury	Judge Mathis		Jerry Springer		Steve		Family Feud	Family Feud
CFKS 31	106	726	Occupation Do	Movie							Les Simpson	Les Simpson	Coup
WUHF	-	363	The Steve Wilkos Show		Maury	Judge Judy	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Sesame Street	Dinosaur Train	Peg Plus Cat	Charlie Rose	Nature Cat	Nature Cat	Wild Kratts	Wild Kratts	Wild Kratts	Odd Squad	World News
			F Nature (Taped) (DVS)	Underground	Nature Cat	Ready Jet Go!	Wild Kratts	Dinosaur Train	Curious	Splash	Odd Squad	Daniel Tiger	Cat in the Hat
			M Antiques Roadshow	Love Quilting							Homework		
			T Globe Trekker	Rick Steves									
			W Arts in Exile: Treasures	Cooking									
			Th NOVA	Mountain Lake									
A&E	615	520	Varied Programs										
BRAVO	620	523	Relic Hunter		Movie			The Social		Varied Programs			
CNN	500	500	Inside Politics		Wolf		CNN Newsroom	CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
			F Deadliest Catch	Deadliest Catch "Raw Deal"		How It's Made	Destruction	Fast N' Loud		Misfit Garage		Diesel Brothers	
			M			Edge of Alaska	"Uprooted"	Alaska: The Last Frontier		Alaska: The Last Frontier		Gold Rush	
			T			How It's Made	Destruction	Garage	Garage	Canada's Worst Driver		Tougher	Tougher
			W			Gold Rush		Gold Rush		Highway Thru Hell		Edge of Alaska	"Uprooted"
			Th	Deadliest Catch	Intense weather takes a toll on Sig.	Highway Thru Hell		Alaska: The Last Frontier		Jade Fever	Jade Fever	Gold Rush	
			F	Battle, Somme	War Junk: WWI "The Somme"	War Junk: WWI "Ypres"	War Junk: WWI "Vimy Ridge"	March to the Pole		Afghanistan	Afghanistan	Afghanistan	Afghanistan
			M	M*A*S*H	M*A*S*H	The Curse of Oak Island	The Curse of Oak Island	The Curse of Oak Island	"Blood Is Thicker"				
			T			Forged in Fire	"The Cutlass"	Forged in Fire		Forged in Fire		American Pickers	American Pickers
			W			American Pickers		American Pickers		American Pickers			
			Th			Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
RDI	126	730	Telejournal	Les ex	L'info					Les ex		En direct avec Patrice Roy	
			F	NCIS "Devil's Triad"	NCIS A mysterious illness.	NCIS "Kill Chain"		"My Santa" (2013, Romance) Samaira Armstrong.		NCIS "Devil's Triad"			
			M					"The Wish List" (2014, Drama) Shannen Doherty.					
			T					Travelers "Jenny"	Supergirl "Midvale"				
			W					*** "The Town Christmas Forgot" (2010) Lauren Holly.					
			Th					"The Christmas Spirit" (2013) Nicollette Sheridan.					
SLICE	601	562	Varied Programs										
SPIKE	628	584	Varied Programs										
TLC	521	560	Four Weddings	Little Couple	Var. Programs	Little Couple	Var. Programs	Island Medium	Var. Programs	Island Medium	Var. Programs	Say Yes	Say Yes
TSN	400	400	SportsCentre	SportsCentre	Varied Programs			(2:55) NFL Live		Varied Programs		SportsCentre	Interruption
YOUTH	551	542	Loud House	SpongeBob	Amigonauts	Amigonauts	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House
													Nicky, Ricky

FRIDAY EVENING													NOVEMBER 10, 2017	
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News (N)	Entertainment Tonight (N)	MacGyver MacGyver helps a candidate in Ecuador. (N)	Hawaii Five-0 A suspect has multiple personalities. (N)		Blue Bloods Danny tries to protect a nurse. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Blindspot A hunt for dangerous computer hackers. (N)	Dateline NBC (N)				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	On the Money	Rick Mercer Report (N)	Coronation Street (N)	marketplace	Interrupt This Program (N)		the fifth estate (N)	The National (N)	CBC Montreal News (N)	Coronation Street	First Play Live
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Ça finit bien la semaine (N) (SC)	Du talent à revendre (N) (SC)		La liste noire "Dr. Adrian Shaw" (Part 1 of 2) (SC)		TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) *** "Chaos" (2005, Action) Jason Statham. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Home Base Telethon Red Sox Foundation.		(:01) Marvel's Inhumans "... And Finally: Black Bolt" (N)		(:01) 20/20 (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH 9	108	-	Le Téléjournal Estrie (N)	Le TJ Extra ICI Estrie (N)	Galas ComediHa! 2017 (N) (SC)	Ici on chante Marie Soleil Dion et France Castel. (N)		Au suivant (N) (SC)		Le Téléjournal avec Pascale Nadeau (N) (SC)		(:05) "C'est pas moi, je le jure!" (2008) Antoine L'Ecuyer, Suzanne Clément.		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N)	ET Canada	Entertainment Tonight (N)	MacGyver MacGyver helps a candidate in Ecuador. (N)	Hawaii Five-0 A suspect has multiple personalities. (N)		Undercover Boss Canada The CEO works undercover.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N)	etalk (N)	The Big Bang Theory (N)	Blindspot A hunt for dangerous computer hackers. (N)		(:01) Marvel's Inhumans "... And Finally: Black Bolt" (N)		Blue Bloods Danny tries to protect a nurse. (N)		News-Lisa	CTV News Montreal (N)	The Big Bang Theory (N)
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Once Upon a Time Roni seeks Weaver's help. (N)	(:01) Marvel's Inhumans "... And Finally: Black Bolt" (N)		(:01) 20/20 (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV 30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Hell's Kitchen Chefs create country-themed pizzas. (N)	(:01) The Exorcist An attempt to draw the demon out. (N)		2 on Your Side Seinfeld "The Voice" (N)		Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)
CFKS 31	106	726	Souper parfait	Les détestables	L'arbitre Un homme vend sa voiture. (N)	Huissiers (N)	Haute sécurité (N)	*** "Terminator" (1984) Arnold Schwarzenegger, Linda Hamilton, Michael Biehn. Une femme lutte pour sa vie contre un cyborg venu du futur.				NVL (N)	Zone Séduction	
WUHF	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Hell's Kitchen Chefs create country-themed pizzas. (N)	(:01) The Exorcist An attempt to draw the demon out. (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	Impractical Jokers (N)	Paid Program
WETK	-	-	PBS NewsHour (N)	BBC News-night	Vermont This Week (N)	Washington Week (N)	A Painting Experience	Great Performances Broadway musical. (N)		Foo Fighters -- Landmarks Live in Concert: A Great		Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)	Mountain Lake Journal	New York Now (N)	Great Performances Broadway musical. (N)		Foo Fighters -- Landmarks Live in Concert: A Great		BBC World News (N)	Charlie Rose (N)	
A&E	615	520	(5:00) Live PD "Live PD -- 11.04.17" Riding along with law enforcement. (N)		(:06) Live PD: Rewind "Live PD: Rewind No. 58" (N)		Live PD "Live PD -- 11.10.17" Riding along with law enforcement. (N)			Live PD (N)			Live PD (N)	
BRAVO	620	523	Bones Liquefied remains in a tanning bed. (N)		Bones Sniper Jacob Broadsky strikes again. (N)		Bones Solving a murder during a blackout. (N)		Bones Seven pairs of severed feet wash ashore. (N)		Bones A TV-show host's remains are found. (N)		Bones A body dressed as a scarecrow is found. (N)	Bones (N)
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360
DISC	520	505	Canada's Worst Driver "Threading The Needle"		Daily Planet "Extreme Machines Week" (N)		Highway Thru Hell "Junior's Job" (DVS)		Frontier "Mutiny" Harp travels to Montreal.		Mayday "Deadly Discussions" (N) (DVS)		Mayday A passenger jet runs out of fuel. (N)	Ghosts
HIST	522	506	War Story: Afghanistan	War Story: Afghanistan	War Story: Afghanistan	Sector Sarajevo ing mission. (N) (DVS)	Deadly 1992 U.N. peacekeeping mission. (N) (DVS)	I Am War War through the eyes soldiers. (N)		War Junk The team parachutes into a landing zone.		War Junk The team discovers artifacts. (N)	I Am War (N)	
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages L'histoire de deux Québécois. (N)	Le Téléjournal avec Pascale Nadeau (N) (SC)		RDI économie (N) (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616	521	NCIS "Homesick" A mysterious illness. (N) (DVS)		NCIS "Kill Chain" A stolen drone is linked to a terrorist.		NCIS "Gut Check" The Secretary of Navy is bugged. (N)	Transparent (N) (N)	(:45) Transparent "House Call" Ali remains in Israel. (N)		*** "American Ultra" (2015) Jesse Eisenberg. A stoner uses his deadly skills to thwart a CIA operation. (N)			
SLICE	601	562	Million Dollar Listing Los Angeles "A Tantalizing Offer"		Don't Be Tardy ... (N)	Don't Be Tardy ... (N)	Don't Be Tardy ... (N)	Don't Be Tardy ... (N)		*** "Entourage" (2015, Comedy) Kevin Connolly, Adrian Grenier. Studio boss Ari Gold partners with movie star Vince Chase. (N)		*** "Entourage" (2015) Kevin Connolly. (N)		
SPIKE	628	584	Cops "New Jersey" (N)	Cops (N)	Cops Team-work. (N)	Cops (N)	Cops "What! Who Me?" (N)	Cops (N)		Bellator MMA Live Irish fan favorite Brian Moore meets the undefeated AJ McKee; Baby Slice vs. Fred Freeman. (N)		(:15) Cops (N)	Cops (N)	Cops (N)
TLC	521	560	Say Yes to the Dress (N)	Say Yes to the Dress (N)	NY ER (N)	NY ER (N)	NY ER (N)	NY ER (N)	NY ER (N)	NY ER "Save My Baby" (N)	NY ER "On the Brink" (N)	NY ER "Under Attack" (N)	NY ER (N)	NY ER (N)
TSN	400	400	SportsCentre (N) (Live)		That's Hockey	Figure Skating Gala. (Taped)	Skate Canada International	Hockey 2017 World U-17 Challenge, Second Semifinal: Teams TBA. From Dawson Creek, B.C. (N) (Live)				SportsCentre (N)	SportsCentre (N)	
YOUTH	551	542	Henry Danger	I Am Frankie	Game	School	*** "Spy Kids" (2001) Antonio Banderas. (N)			*** "Spy Kids 2: The Island of Lost Dreams" (2002) (N)			Spy Kids 3	

# Your week on TV

SATURDAY DAYTIME													NOVEMBER 11, 2017					
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	-	CBS This Morning: Saturday (N) (LIVE)			Lucky Dog "Polly" (N)	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	College Football Florida at South Carolina. (N) (Live)							College Football
WPTZ	5	-	-	(7:00) Today Reports. (N) (LIVE)	Rossen	Teen Kids News (N)	Hanna Into the Wild	The Voyager	Wilderness Vet	Journey-Dreyer	Naturally, Danny Seo	Give (DVS)	Champ Within	PiYo Workout!	Figure Skating ISU Grand Prix: NHK Trophy. From Osaka, Japan.	Countdown	NASCAR Racing	
CBMT	6	206	301	Napkin Man (:45) PJ Masks (N)	Lazoo (N)	What He Ate	CBC News Special "Remembrance Day" The Remembrance Day Ceremony. (N) (LIVE)			Our Montreal	Absolutely Canadian "It Was the Dance"	FIS Snowboarding World Cup. (N) (LIVE)	Figure Skating					
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			Bien (N) (SC)	Deux filles le matin (SC)	Propulsion (N) (SC)	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	Les looney tunes (N)	*** "L'ère de glace" (2002) Voices of Ray Romano. (DVS) (SC)	Voices of "Blanche-Neige"			
WMTW	8	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Vacation Creation	College Football (N) (Live)			Scoreboard	College Football			
CKSH	9	108	-	Sonic Boom	Blinky Bill	Les roltronics	Brigade animo	Transformatic	Le jour du Souvenir Un hommage aux soldats canadiens morts. (N)			Telejournal	La facture (SC)	Enquête (SC)	Au suivant (SC)	Inspecteur Barnaby (N) (SC)		
CKMI	11	-	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	Massive Moves	Global News Special "Canada Remembers"		The World Without Canada	Eat St. (N) (LIVE)	Food Truck Face Off	Holmes Makes It Right "Urea Got Me"	*** "Jack the Giant Slayer" (2013)			
CFCF	12	205	312	Your Morning Weekend (N) (LIVE)	It Is Written (N) (LIVE)	It Is Written (N) (LIVE)	Operation Smile (N)	Remembrance Day 2017 (N) (Live)			SportsCentre (N) (LIVE)	The Disruptors (N) (LIVE)	Moneytalk (N) (LIVE)	*** "One for the Money" (2012, Action) Katherine Heigl, Jason O'Mara, Daniel Sunjata.	Scoreboard	College Football		
WVNY	22	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Vacation Creation	College Football (N) (Live)			Scoreboard	College Football			
WUTV	30	-	-	Lights!	Say bye to bad hair	PiYo Workout!	Medicare plan?	LifeLock Protection	Copper Chef	FOX College Football Pregame (N) (LIVE)	College Football Michigan State at Ohio State. (N) (Live)			College Extra				
CFKS	31	106	726	"Une autre histoire de Cendrillon" (2008, Enfants) Selena Gomez, Drew Seeley, Jane Lynch.			RPM	RPM Plus			Infopublicité	Occupation Double Bali	*** "La Belle et le vétéran" (1988, Com. Sentimentale) Kevin Costner, Susan Sarandon.					
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci (N)	LifeLock Protection	Copper Chef	FOX College Football Pregame (N) (LIVE)	College Football Michigan State at Ohio State. (N) (Live)			College Extra				
WETK	-	-	-	Daniel Tiger	Splash-Bubbles	Outdoor Journal	MotorWeek (N)	Sara's Weeknight	Kimball's Milk Street	Cooking School	Martha Bakes (N)	Test Kitchen	Cook's Country	Woodwright	This Old House (N)	Ask This Old House	Antiques Roadshow "Our 50 States 2"	VA-Human
WCFE	-	-	-	Daniel Tiger	Splash-Bubbles	Curious George	Nature Cat (N)	Greener World	Garden Home	This Old House (N)	Ask This Old House	Steven Raichlen's Cooking School	Martha Bakes (N)	Lidia's Kitchen (N)	Mexican Table	Cook's Country	Test Kitchen	Antiques Roadshow
A&E	615	520	-	Flipping Vegas "Amie's House"	Flipping Vegas (N) (LIVE)	Flipping Vegas (N) (LIVE)	Zombie House Flipping (N) (LIVE)	Zombie House Flipping (N) (LIVE)	Ozzy and Jack's World Detour (N) (LIVE)	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"	Live PD: Rewind "Live PD: Rewind No. 30"
BRAVO	620	523	-	(7:24) The Pacific (Part 2 of 10)	(8:48) The Pacific (Part 3 of 10)	(:12) The Pacific Sledge combat. (Part 4 of 10)	(:15) *** "Mission: Impossible -- Ghost Protocol" (2011) Tom Cruise. Ethan Hunt goes "off the grid" after the IMF is shut down.	(:36) The Pacific Basilone's celebrity grows. (Part 5 of 10)	The Pacific Leckie is evacuated. (Part 6 of 10)	(:24) The Pacific The Marines are determined to fight.								
CNN	500	500	-	New Day Saturday (N)	Smerconish (N) (LIVE)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	Newsroom	Fit Nation	CNN Newsroom		
DISC	520	505	-	Highway Thru Hell "Junior's Job"	Edge of Alaska "Crossing Thin Ice"	River Monsters "Jungle Killer"	Dual Survival "Forest From Hell"	Alaska: The Last Frontier (N) (LIVE)	Mayday A passenger jet runs out of fuel.	Mayday "Deadly Discussions"	Alaskan Bush People							
HIST	522	506	-	War Story (N)	War Story (N)	War Story "The Damage Done" (N) (LIVE)	War Story "Liberation" (N) (LIVE)	I Am War War through the eyes soldiers. (N) (LIVE)	War Junk "Juno Beach" (N) (LIVE)	28 Heroes (N) (LIVE)	Vimy Ridge: Heaven to Hell Stories of three Canadian soldiers.	Dieppe Uncovered						
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)			Le jour du Souvenir Un hommage aux soldats canadiens morts. (N)			Telejournal	Telejournal	Le National	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (SC)	L'info (SC)	
SHOW	616	521	-	Paid Program (N)	Superior Donuts (N)	*** "R.I.P.D." (2013, Action) Jeff Bridges. A slain cop joins a team of spirit lawmen.	(:15) *** "Mission: Impossible -- Ghost Protocol" (2011) Tom Cruise. Ethan Hunt goes "off the grid" after the IMF is shut down.	*** "Mad Max: Fury Road" (2015, Action) Tom Hardy, Charlize Theron.										
SLICE	601	562	-	Paid Program (N)	Paid Program (N)	PiYo Workout!	Paid Program (N)	Million Dollar Listing Los Angeles (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	The Real Housewives of New Jersey (N) (LIVE)	Three Days to Live "Alicia Kozakiewicz"			
SPIKE	628	584	-	Star Shower (N)	Paid Program (N)	*** "Saving Private Ryan" (1998, War) Tom Hanks, Edward Burns, Tom Sizemore. U.S. troops look for a missing comrade during World War II.	Deadliest Warrior Super soldiers.	Deadliest Warrior	Deadliest Warrior Two battlefield daredevils.									
TLC	521	560	-	Four Weddings "... And a Porta Potty" (N)	Four Weddings (N) (LIVE)	Four Weddings "... And a Rainbow" (N) (LIVE)	Hodges Half Dozen (N) (LIVE)	The Healer (N) (LIVE)	Untold Stories of the E.R. "Couch Creature"	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)
TSN	400	400	-	(7:00) Curling 2017 Road to the Roar Olympic Pre-Trials: Tiebreaker, Teams TBA. (N) (LIVE)	SportsCentre	SportsCentre	SportsCentre	Curling 2017 Road to the Roar Olympic Pre-Trials: Playoffs, Teams TBA. From the Credit Union Place in Summerside, P.E.I. (N) (Live)	NASCAR Racing									
YOUTH	551	542	-	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Turtles	Turtles	*** "Turbo" (2013) Voices of Ryan Reynolds.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	

SATURDAY EVENING													NOVEMBER 11, 2017					
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:30) College Football Georgia at Auburn. (N) (Live)			Channel 3 News	Family Feud (N)	NCIS A murder tied to a dirt bike gang.	S.W.A.T. "Pilot" (N) (LIVE)	48 Hours (N) (LIVE)	Channel 3 News	Patriots All Access					
WPTZ	5	-	-	(3:30) NASCAR Racing XFINITY Series: Ticket Galaxy 200. (N) (Live)			NBC5 News at 6	Nightly News	Jeopardy! (N) (LIVE)	Wheel of Fortune	Will & Grace (N)	Superstore	Dateline NBC (N) (LIVE)	Saturday Night Live (N) (LIVE)	NBC5 News	(:29) Saturday Night Live (N) (LIVE)		
CBMT	6	206	301	Figure Skating	IBSF World Cup Bobsleigh and Skeleton	Montreal News	Hockey Central	NHL Hockey Toronto Maple Leafs at Boston Bruins. From TD Garden in Boston. (N) (Live)	NHL Hockey Vancouver Canucks at San Jose Sharks. From the SAP Center at San Jose in San Jose, Calif. (N)									
CHLT	7	107	718	(3:30) *** "Blanche-Neige et le chasseur" (2012) Kristen Stewart, Charlize Theron. (SC)			TVA nouvelles (N)	*** "Monde Jurassique" (2015) Chris Pratt. Premiere. Un dinosaure sème la terreur dans un parc d'attractions.	*** "Tireur d'élite américain" (2014) Bradley Cooper. Le destin de Chris Kyle, tireur d'élite des Navy SEAL.	(:45) TVA nouvelles	"Honnêtes ci"							
WMTW	8	-	-	(3:30) College Football Iowa at Wisconsin. (N) (Live)			Scoreboard	Wheel of Fortune	Jeopardy! (N) (LIVE)	(:07) College Football Notre Dame at Miami. (N) (Live)	WMTW News 8	Rizzoli & Isles (N)						
CKSH	9	108	-	(3:00) Inspecteur Barnaby (N) (SC)	La semaine verte (N) (SC)	Telejournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)	Victoria La démission de Melbourne.	Les liens du sang (DVS) (SC)	Le Téléjournal	Info, sexe	Dre Grey, leçons d'anatomie (N)	La nuit				
CKMI	11	-	-	(3:00) *** "Jack the Giant Slayer" (2013) Nicholas Hoult.		Focus Montreal	Global News at 6	Global National	Border Security	Border Security	"Flower Shop Mystery: Snipped in the Bud" (2016, Mystery) Brooke Shields. (DVS)	Engels	Engels	Global News	(:29) Saturday Night Live (N) (LIVE)			
CFCF	12	205	312	Street Food	Paul & Nick's Big	Seinfeld (N)	Big Bang Theory	CTV News Montreal (N) (LIVE)	W5 Canada's permanent frost is melting. (N) (LIVE)	Big Bang Theory (N)	The Mayor	Big Bang Theory	American Housewife	The Disappearance "Redemption" (N) (LIVE)	News-Rinaldo	CTV News Montreal	Broad City	
WVNY	22	-	-	(3:30) College Football Iowa at Wisconsin. (N) (Live)			Scoreboard	Local 22 News (N)	Inside Edition	(:07) College Football Notre Dame at Miami. (N) (Live)	Scandal "The Decision" (N) (LIVE)							
WUTV	30	-	-	College Football USC at Colorado. (N) (Live)			College Extra	College Football TCU at Oklahoma. (N) (Live)	Hell's Kitchen "A Little Slice of Hell" (N) (LIVE)									
CFKS	31	106	726	"Belle et vétéran" (N) (LIVE)	(:15) *** "Flics en Service" (2010, Comédie) Bruce Willis, Tracy Morgan, Adam Brody.	*** "L'enlèvement 3" (2014, Action) son, Forest Whitaker, Maggie Grace.	Liam Neeson	(:45) *** "Des hommes de loi" (1998) Tommy Lee Jones, Wesley Snipes. Un shérif poursuit un évadé accusé d'avoir tué deux agents.	NVL week-end	Zone Séduction								
WUHF	-	-	363	College Football USC at Colorado. (N) (Live)			College Extra	College Football TCU at Oklahoma. (N) (Live)	WHAM News	Hell's Kitchen								
WETK	-	-	-	VA-Human	Windows Wild	Charlie Rose	NewsHour Wk	Father Brown "The Fire in the Sky" (N) (LIVE)	As Time Goes By	Detectorists (N) (LIVE)	Fresh Fields	Coupling "Split" (N) (LIVE)	Agatha Raisin (N) (LIVE)	Death in Paradise "Posing in Murder"	Austin City Limits (N) (LIVE)	Underground		
WCFE	-	-	-	Antiques Roadshow "Our 50 States 2"	On Home Ground: Life After Service	R. Steves Europe Wk	NewsHour Wk	Mountain Lake	New York Now	The Coroner "Gilt" (N) (LIVE)	Death in Paradise "Political Suicide" (N) (LIVE)	Luther (N) (LIVE)	Luther News interrupts Luther's date.	Austin City Limit				
A&E	615	520	-	(2:00) Live PD "Live PD -- 08.19.17"	Live PD "Live PD -- 11.03.17" Riding along with law enforcement.	(:06) Live PD: Rewind (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)	Live PD "Live PD -- 11.11.17" Riding along with law enforcement. (N) (LIVE)
BRAVO	620	523	-	(3:48) The Pacific (Part 8 of 10)	(:12) The Pacific The Marines relieve an Army Division.	(:36) The Pacific Leckie returns home. (Part 10 of 10)	Criminal Minds "The Bunker" (N) (LIVE)	Law & Order: Special Victims Unit (N) (LIVE)	Lucifer "Vegas With Some Radish" (N) (LIVE)	"A Very Merry Mix-Up" (2013) Alicia Witt, Mark Wiebe. (N) (LIVE)								
CNN	500	500	-	CNN Newsroom	CNN Newsroom	Smerconish (N) (LIVE)	CNN Newsroom	CNN Newsroom	The Wonder List-Bill	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony					
DISC	520	505	-	Highway Thru Hell "Junior's Job"	Edge of Alaska "Crossing Thin Ice"	Tougher Looks	Tougher Looks	Ed Stafford: Left for Dead (N) (LIVE)	Gold Rush	Highway Thru Hell "Junior's Job"	Misfit Garage A rare '65 Ford Sunliner.	Frontier Harp travels to Montreal.	Highway Thru Hell					
HIST	522	506	-	(3:30) Dieppe Uncovered (N) (LIVE)	War Story	Searching for Vimy's Lost Soldiers (N) (LIVE)	War Story "The Damage Done" (N) (LIVE)	I Am War (N) (LIVE)	Black Watch Snipers Sniper unit members share their stories.	War Story (N) (LIVE)	I Am War (N) (LIVE)	Black-Snipers						
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le Téléjournal	L'épicerie (N) (SC)	La semaine verte (N) (SC)	Le National (N)	Le National (N)	Découverte (N) (SC)	Le Téléjournal	Les grands reportages (SC)	La facture (N) (SC)	Le Téléjournal	Le National	Le Téléjournal	
SHOW	616	521	-	"Mad Max" (N) (LIVE)	*** "R.I.P.D." (2013) Jeff Bridges. A slain cop joins a team of spirit lawmen.	*** "Mission: Impossible -- Ghost Protocol" (2011) Tom Cruise. Ethan Hunt goes "off the grid" after the IMF is shut down.	*** "Mad Max: Fury Road" (2015, Action) Tom Hardy, Charlize Theron, Nicholas Hoult.	*** "What's Your Number?" (2011) Anna Farris, Colin Hanks. (N) (LIVE)	*** "The House Bunny" (2008, Comedy) Anna Farris, Colin Hanks. (N) (LIVE)	*** "What's Your Number?" (2011) Anna Farris. (N) (LIVE)								
SLICE	601	562	-	Three Days to Live "Brenna Machus" (N) (LIVE)	Three Days to Live "Alice Donovan" (N) (LIVE)	Mom (N) (LIVE)	*** "What's Your Number?" (2011, Romance-Comedy) Anna Farris, Chris Evans, Ari Graynor. (N) (LIVE)	*** "The House Bunny" (2008, Comedy) Anna Farris, Colin Hanks. (N) (LIVE)	*** "What's Your Number?" (2011) Anna Farris. (N) (LIVE)									
SPIKE	628	584	-	Deadliest Warrior Monk and Maori.	Undrvcv Stings	*** "Saving Private Ryan" (1998, War) Tom Hanks, Edward Burns, Tom Sizemore. U.S. troops look for a missing comrade during World War II.	Deadliest Warrior	Deadliest Warrior	Deadliest Warrior									
TLC	521	560	-	Untold Stories of the E.R. "Hiccup Circus"	Untold Stories of the E.R. (N) (LIVE)	Untold Stories of the E.R. (N) (LIVE)	Cake Boss (N) (LIVE)	Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:32) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:32) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:32) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:32) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	
TSN	400	400	-	(3:30) NASCAR Racing XFINITY Series: Ticket Galaxy 200. (N) (Live)	Women's Curling 2017 Road to the Roar Olympic Pre-Trials, Qualifier: Teams TBA. (N) (Live)	Hockey 2017 World U-17 Challenge, Gold Medal: Teams TBA. From Dawson Creek/Fort St. John, B.C. (N) (Live)	SportsCentre (N) (Live)											
YOUTH	551	542	-	Loud	Loud	Mysticons	*** "The Croods" (2013) (N) (LIVE)	*** "Turbo" (2013) Paul Giamatti (N) (LIVE)	Stanley	Stanley	Stanley	Stanley	Stanley	Stanley	Stanley	Stanley	Stanley	

# Your week on TV

SUNDAY DAYTIME												NOVEMBER 12, 2017											
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30						
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N)	Face the Nation (N)	The Open Road	The NFL Today (N)	NFL Football New York Jets at Tampa Bay Buccaneers. (N)	(Live)													
WPTZ	5	-	-	Sunday Today With Willie Geist (N)	Meet the Press (N)	Soledad O'Brien	On the Money (N)	Rizzoli & Isles "... Good-bye" (N)	Major Crimes "Targets of Opportunity" (N)	AAA Benefits	NASCAR America	Countdown	NASCAR Racing Monster Energy Cup Series: Can-Am 500. (N)										
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Our Montreal (N)	Maamuita- au (N)	market- place (N)	The Goods (N)	q Andrew Garfield, Claire Foy and Hanson.	Gymnastics										
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)	** "Le vœu" (2012, Drame sentimental) Rachel McAdams, Channing Tatum. (SC)	TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Les gags full ado	Les looney tunes (N)	** "L'ère de glace: La fonte" (2006) Voices of Ray Romano. (SC)												
WMTW	8	-	-	Good Morning America (N)	This Week W/ George Stephanopoulos	Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	AAA Benefits	Paid Program	Tummy Tuck	AAA Benefits	Airfryer Oven	Power Air Fryer Oven	Tai Cheng							
CKSH	9	108	-	Sous les mers	Organisa- tion	Par ici la magie	Oniva! (SC)	Le Jour du Seigneur (SC)	Les coulisses du pou- voir (N) (SC)	Telejournal	La semaine verte (SC)	Second Regard (N)	100 pour 100 local (N) (SC)	** "Monstres, Inc." (2001) (DVS) (SC)									
CKMI	11	-	-	Fishful Thinking	Bomb Girls (DVS)	"Roses Red"	Lorna Dueck	Joel Osteen	Paid Program	The West Block (N)	Focus Montreal	Entertainment Tonight (N)	Rookie Blue Andy and Gail go under cover.	Donut Showdown	Carnival Eats (N)	Eat St. (N)	"Sherlock-Game"						
CFCF	12	205	312	Children's Villages	The Social (N)	Operation Smile (N)	Celebrity Style Story	Church of the Rock	Question Period (N)	SportsCentre (N)	NFL Football New York Jets at Tampa Bay Buccaneers. (N)	(Live)											
WVNY	22	-	-	Good Morning America (N)	This Week W/ George Stephanopoulos	What Mat- ters	The Key of David	Power Air Fryer Oven	Paid Program	Wonder- land	Paid Program	Paid Program	Paid Program	AAA Ben- efits	Star Shower	Marie Osmond	Paid Program						
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	The Key of David	Facelift in Minutes	Medicare plan?	FOX NFL Sunday (N)	(Live)	NFL Football New Orleans Saints at Buffalo Bills. (N)	(Live)										
CFKS	31	106	726	** "Max et les maximonstres" (2009, Enfants) Catherine Keener, Max Records.	RPM (N)	RPM Plus (N)	Zone VL	Trouve-moi ça !	CSI: Miami Julia perd tout contrôle. (N)	** "Le client" (1994, Suspense) Susan Sarandon, Tommy Lee Jones, Mary-Louise Parker.													
WUHF	-	363	-	Wild America	Medicare plan?	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	FOX NFL Kickoff (N)	(Live)	FOX NFL Sunday (N)	(Live)	NFL Football New Orleans Saints at Buffalo Bills. (N)	(Live)									
WETK	-	-	-	Daniel Tiger	Splash- Bubbles	Curious George	Nature Cat (N)	Ready Jet Go! (N)	Wild Kratts	Charlie Rose	Vermont This Week	Finding Your Roots	Painting Exp.	The White House: Inside Story (N)	Katmai: Alaska								
WCFE	-	-	-	Daniel Tiger	Splash- Bubbles	Washing- ton Week	Scully: World	Mountain Lake	New York Now	Charlie Rose	Flashback 57: The Unknown Blues Band	Flashback 57: Joe Burrell	Flashback 57: Wings Cuisine (N)	Shadows of the Seasons A Year in the Adirondacks									
A&E	615	520	-	Hoarders "Arline; Caro- lyn" (N)	Hoarders A house has 47 cats and dogs. (N)	Hoarders A woman's hoarding increases. (N)	Hoarders "Charles & Alvin" (N)	Hoarders "Carrie; James" (N)	Hoarders Sexual para- phernalia fills a home.	"Cleveland Abduction" (2015, Crime Drama) Taryn Manning, Raymond Cruz. (N)													
BRAVO	620	523	-	"A Very Merry Mix-Up" (2013, Romance) Alicia Witt, Mark Wiebe, Scott Gibson. (N)	"Back to Christmas" (2014, Children's) Kelly Overton, Michael Muhney. (N)	"Deck the Halls" (2006) Danny DeVito. Neighbors clash over decoration glare. (N)	Danny DeVito. Neighbors clash over decoration glare. (N)	"A Very Merry Mix-Up" (2013, Romance) Alicia Witt, Mark Wiebe, Scott Gibson. (N)															
CNN	500	500	-	Inside Politics (N)	State/Union	Fareed Zakaria GPS	Reliable Sources (N)	State/Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom												
DISC	520	505	-	Ed Stafford: Left for Dead (N)	Tanked (N)	Treehouse Masters (N)	Yukon Men Charlie confronts an outsider.	Bering Sea Gold "Luck of the Irish" (N)	Heavy Rescue: 401 "A Load of Problems"	Gold Rush (N)	Highway Thru Hell "Junior's Job"												
HIST	522	506	-	Paid Program (N)	Paid Program (N)	The Curse of Oak Island: Drilling Down (N)	The Curse of Oak Island "Going for Broke"	The Curse of Oak Island "Always Forward"	The Curse of Oak Island (N)	The Curse of Oak Island (N)	The Curse of Oak Island (N)	The Curse of Oak Island (N)	The Curse of Oak Island "About Face" (N)	The Curse of Oak Island (N)	The Curse of Oak Island (N)								
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)	Isabelle Richer (N)	Telejournal	Les coulisses du pou- voir (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)								
SHOW	616	521	-	Paid Program (N)	Paid Program (N)	Superior Donuts (N)	NCIS "The Namesake" A petty officer is shot.	** "Mad Max: Fury Road" (2015) Tom Hardy. Mad Max must outrun a warlord and his men in a desert chase. (N)	** "Hercules" (2014, Adventure) Dwayne Johnson, Ian McShane, Rufus Sewell. (N)	** "Need for Speed" (2014) Aaron Paul. (N)													
SLICE	601	562	-	Paid Program (N)	PiYo Work- out! (N)	Paid Program (N)	Paid Program (N)	The Real Housewives of Atlanta (N)	The Real Housewives of Atlanta (N)	The Real Housewives of Atlanta (N)	The Real Housewives of Atlanta (N)	The Real Housewives of Atlanta (N)	The Real Housewives of Orange County (N)	Mom (N)	Mom (N)								
SPIKE	628	584	-	Paid Program (N)	Paid Program (N)	Xtreme Off Road (N)	Engine Power (N)	Truck Tech (N)	Detroit Muscle (N)	Bar Rescue "How to Train the Dragon"	Bar Rescue "Mandala Down"	Bar Rescue "Schmuck Dynasty"	Bar Rescue "Beach Rats"	Bar Rescue "Second Base, Third Strike"									
TLC	521	560	-	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	90 Day Fiancé (N)	90 Day Fiancé "Parental Approval" (N)								
TSN	400	400	-	Curling 2017 Road to the TBA. From the Credit Union Place in Summerside, P.E.I. (N)	Roar Olympic Pre-Trials: Men's Qualifier, Teams	SportsCentre (N)	2017 CFL Playoffs Pre- game (N) (Live)	CFL Football Saskatchewan Roughriders at Ottawa Redblacks. (N)	(Live)														
YOUTH	551	542	-	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Mysticons	Mysticons	** "The Croods" (2013, Children's) (N)	Sponge.	Sponge.	Sponge.	Sponge.							

SUNDAY EVENING												NOVEMBER 12, 2017											
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM					
WCAX	3	-	-	NFL Post- game (N)	NFL Post- game (N)	Courage in Sports (N)	Channel 3 News	Weekend News	60 Minutes (N)	Wisdom of the Crowd "Trade Secrets" (N)	NCIS: Los Angeles "The Silo" (N)	Madam Secretary "Loophole" (N)	Channel 3 News	CSI: Miami "Throwing Heat" (N)									
WPTZ	5	-	-	(2:30) NASCAR Racing Series: Can-Am 500. (N)	Monster Energy Cup (Live)	NBC5 News at 6	Nightly News	Football Night in America (N)	(Live)	(20) NFL Football New England Patriots at Denver Broncos. (N)	(Live)	NBC5 News	Soledad O'Brien										
CBMT	6	206	301	Figure Skating	** "Toy Story 2" (1999, Children's) Tom Hanks, Tim Allen. (N)	Heartland "Our Sons and Daughters" (N)	** "Hyena Road" (2015, War) Rossif Sutherland, Paul Gross, Christine Horne. (N)	The National (N)	Montreal News	the fifth estate (N)	(DVS)												
CHLT	7	107	718	(1:15) ** "La Fée des dents" (2010, Enfants) Dwayne Johnson, Ashley Judd. (SC)	TVA nouvelles (N)	Vlog (N) (SC)	La voix junior "Chants de bataille" Les 15 chanteurs offrent une prestation solo. (N)	La vraie nature (N) (SC)	TVA nouvelles (N)	** "Le dernier loup" (2015) Shaofeng Feng, Shawn Dou. Premiere. (DVS) (SC)													
WMTW	8	-	-	World of X Games	World of X Games	Entertainers: With Byron Allen (N)	WMTW News 8	World News	The Toy Box (N)	America's Funniest Home Videos (N)	Shark Tank (N)	Shark Tank (N)	WMTW News 8	Soledad O'Brien	Person of Interest								
CKSH	9	108	-	(3:00) ** "Monstres, Inc." (N)	Esprit critique (SC)	Telejournal- nale	Découverte (N) (SC)	Ici Laflaque (N)	Tout le monde en parle (N) (SC)	(15) Le Téléjournal avec Pascale Nadeau	(10:55) Infoman	(25) Pour l'amour du country (SC)											
CKMI	11	-	-	(3:30) ** "Sherlock Holmes: A Game of Shadows" (2011) Robert Downey Jr. (N)	Global News at 6	Global National	Border Security	The Simpsons (N)	Wisdom of the Crowd "Trade Secrets" (N)	NCIS: Los Angeles "The Silo" (N)	Madam Secretary "Loophole" (N)	Global News	The West Block	Focus Montreal									
CFCF	12	205	312	SportsCentre (2:25) NFL Football Dallas Cowboys at Atlanta Falcons. (N)	(Live)	SportsCentre	"Long Time Running" (2017) Gord Downie. A chronicle of The Tragically Hip's 2016 tour.	Shark Tank (N)	News- Rinaldo	CTV News Montreal	The Bea- verton (N)												
WVNY	22	-	-	World of X Games	World of X Games	Paid Program	Paid Program	World News	Local 22 News (N)	The Toy Box (N)	America's Funniest Home Videos (N)	Shark Tank (N)	Shark Tank (N)	Local 22 News (N)	Graham Bensing	Judge Judy (N)							
WUTV	30	-	-	NFL Football	(2:25) NFL Football Dallas Cowboys at Atlanta Falcons. (N)	(Live)	The OT (N)	The Simp- sons (N)	Ghosted "Sam" (N)	Family Guy (N)	Last Man- Earth	2 on Your Side at 10	Big Bang Theory	Ring of Honor Wrestling (N)	Seinfeld (N)								
CFKS	31	106	726	(2:00) "Le client"	** "Les Simpson: le film" (2007, Comédie) Voices of Dan Castellaneta, Julie Kavner.	Occupation Double Bali (N)	OD plus en direct	Occupation Double Bali	** "Film de peur" (2000) Shawn Wayans, Marlon Wayans.	Zone Séduction													
WUHF	-	363	-	NFL Football	(2:25) NFL Football Dallas Cowboys at Atlanta Falcons. (N)	(Live)	The OT (N)	The Simp- sons (N)	Ghosted "Sam" (N)	Family Guy (N)	Last Man- Earth	WHAM News	Sharyl Attkisson	Engage- ment	Medicare plan?	2 Broke Girls (N)							
WETK	-	-	-	Saving Our Waters	Ecosense for Living	NewsHour Wk	The Great British Baking Show (N)	A Place to Call Home Sarah goes into labor.	The Durrells in Corfu on Masterpiece (N)	Poldark on Master- piece (N)	The Collection on Mas- terpiece (N)	The Tunnel: Sabotage (N)	Durrells in Corfu										
WCFE	-	-	-	Roy "Poncho" Hurd in Concert	Arts in Exile: Tibetan Treasures in America	On Home Ground: Life After Service	Flashback 57: Castle In Every Heart (N)	The Durrells in Corfu on Masterpiece (N)	Poldark on Master- piece (N)	The Collection on Mas- terpiece (N)	Independent Lens Jazz artist John Coltrane. (N)												
A&E	615	520	-	Women Who Kill Women who killed family members. (N)	Leah Remini: Scientol- ogy and Aftermath	Leah Remini: Scientol- ogy and Aftermath	Leah Remini: Scientol- ogy and Aftermath	Elizabeth Smart: Autobiography "Part 1" (Series Premiere) (N)	(33) Elizabeth Smart: Autobiogra- phy "Part 1" (N)	Leah Remini													
BRAVO	620	523	-	"Back to Christmas" (2014, Children's) Kelly Overton, Michael Muhney. (N)	** "Deck the Halls" (2006) Danny DeVito. Neighbors clash over decoration glare. (N)	"A Christmas Detour" (2015, Romance) Candace Cameron Bure, Paul Greene. (N)	Good Behavior "You Could Discover Me"	"A Christmas Detour" (2015) Can- dace Cameron Bure. (N)															
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	Anthony Bourd.	Anthony Bourdain: Parts Unknown (N)	Anthony Bourd.													
DISC	520	505	-	Misfit Garage A rare '65 Ford Sunliner.	Alaskan Bush People "Dead in the Water"	Mighty Ships "Maersk Viking"	Gold Rush (N)	Edge of Alaska "Up- rooted" (N)	Alaska: The Last Fron- tier Exposed (N)	Alaska: The Last Fron- tier (N)	Buying Alaska	Buying Alaska	Edge of Alaska										
HIST	522	506	-	The Curse of Oak Island (N)	The Curse of Oak Island "One of Seven"	The Curse of Oak Island (N)	The Curse of Oak Island "Blood Is Thicker" The Lagnins make an important discovery.	The Curse of Oak Island "Drilling Down"	The Curse of Oak Island "Forever Family" Peril strikes during a daring dive. (N)	Drilling Down													
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le Télé- journal	La facture (SC)	Enquête (N) (SC)	Le National (N)	Le National (N)	Les grands reportages (SC)	Le Télé- journal	Les coulisses du pou- voir (N) (SC)	Second Regard	Le Télé- journal	L'épicerie (SC)	Le Télé- journal						
SHOW	616	521	-	(3:00) ** "Need for Speed" (2014, Action) Aaron Paul, Dominic Cooper. (N)	** "I Am Legend" (2007, Science Fiction) Will Smith, Alice Braga, Dash Mihok. (N)	** "Hercules" (2014, Adventure) Dwayne Johnson, Ian McShane. (N)	** "Need for Speed" (2014) Aaron Paul. A street-car racer wants revenge on a treacherous rival. (N)																
SLICE	601	562	-	** "Monster-in-Law" (2005) Jennifer Lopez, Jane Fonda, Michael Vartan. (N)	** "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell. A NASCAR driver has a new rival. (N)	Bar Rescue	Bar Rescue "Scary Mary's"	Catch a Contractor	** "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell. A NASCAR driver has a new rival. (N)														
SPIKE	628	584	-	Bar Rescue "Wheels of Misfortune"	** "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell. A NASCAR driver has a new rival. (N)	90 Day Fiancé "Bring on the 90 Days" (N)	90 Day Fiancé "Good Morning America" (N)	90 Day Fiancé: More to Love "Family First" Luis feels the heat; bonus scenes. (N)	90 Day Fiancé "Crossing the Line" Andrei reveals the status of his visa. (N)	(05) Unexpected "A Family Affair" (N)	(14) 90 Day Fiancé Andrei reveals the status of his visa. (N)												
TLC	521	560	-	2017 CFL Playoffs	CFL Football Edmonton Eskimos at Winnipeg Blue Bombers. (N)	(Live)	Football Night	(15) NFL Football New England Patriots at Denver Broncos. (N)	(Live)														
YOUTH	551	542	-	** "How to Train Your Dragon" (2010)	** "How to Train Your Dragon 2" (2014) (N)	The Toy Box (N)	School	Hunter	Hunter	Just Kid	Just Kid	Just Kid	Just Kid	Just Kid	Just Kid	Just Kid	Dragon						

# YouTube channel encore+ resurrects Canadian TV shows, films

By Bill Brioux  
THE CANADIAN PRESS

For years, Canadians have been able to watch episodes of iconic American classics such as “The Mary Tyler Moore Show,” “Batman,” or “I Love Lucy.” But where was Canada’s TV heritage? Why was our homegrown fare always, after its initial run, locked away in a vault?

Well, “The Littlest Hobo” has finally been let out of his kennel. After years of development, the Canada Media Fund and Google Canada have teamed to launch encore+, a new YouTube channel giving viewers here and around the world access to decades of Canadian film and TV gold.

“We discovered that there are about 22,000 titles of Canadian content, financed by the public sector, that was not available to the public because it was stuck in analog,” said Canada Media Fund CEO Valerie Creighton, who first approached Telefilm’s Carole Brabant with the idea five years ago.

“I still get calls every day at work: Where can I find ‘Mr. Dressup’? Where can I find ‘Littlest Hobo?’”

The idea, says Creighton, was to “take this iconic Canadian content that many of our stars of today started their careers in, and allow it to be seen by the public and the world.”

Some of those stars were at Tuesday’s

launch of the YouTube channel, including Jennifer Dale, Sheila McCarthy, Henry Czerny, Aiden Devine, Pat Mastroianni, Michael Riley, and John Wildman. They were thrilled that their work in shows such as “Da Vinci’s Inquest,” “Degrassi,” “Little Mosque on the Prairie,” “The Boys of St. Vincent,” and “My American Cousin” are back.

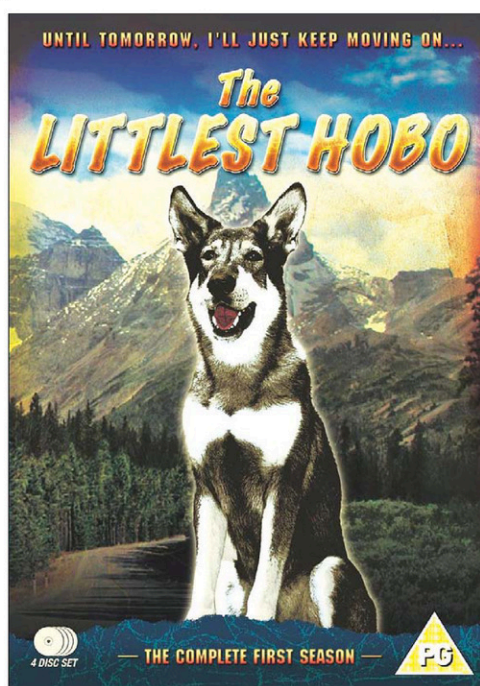
Many of those actors could only see their early work on dusty VHS tapes or homemade digital transfers. Riley is thrilled to now be able to stream at least three shows in which he appeared, “This is Wonderland” “The Littlest Hobo,” and “Due South.”

“With most Canadian projects,” said the actor, “you do them, they get that little airing window and then they disappear, never to be seen again. It’s kind of nice, after three decades in this business, to see a platform where there’s going to be a resurgence.”

Mastroianni, who won a Gemini Award playing Joey Jeremiah on “Degrassi,” is happy to be on the new YouTube channel.

“We can’t let Netflix rule everything,” says the 45-year-old actor. “By having this channel available to fans, it’s going to be high quality. You get to see my pimples in high definition.”

Mastroianni hopes another series he did, the short-lived “Liberty Street,” will also eventually find its way to YouTube. The process of acquiring content is ongoing,



WIKIMEDIA

ing, says Creighton, who is still chasing rights to one of her favourite shows, “The Beachcombers.”

The encore+ videos are ad supported, with any revenue generated going back to rights holders.

“There’s a real appetite for this kind of programming on YouTube,” says Nicole Bell, communications manager at YouTube Canada.

CONT'D ON PAGE 16

# Opera

CONT'D FROM PAGE 9

accomplishments are little recognized today.

“It’s like a losing battle to try and raise visibility to these women.”

Granted, they represent just one half of one per cent of the Canadian force, but Toman says their significance far outweighs their numbers.

“Every one of those 761,635 wounded or sick soldiers, plus thousands of Allied soldiers and untold numbers of prisoners of war and civilians that they cared for — everyone — passed through the hands of a CAMC nursing sister,” she says.

Ciufo hopes the opera will pay tribute to those women, especially nurses aboard the Llandoverly Castle who were especially battered by their service.

“Being a nurse on a hospital ship was considered an easy assignment...and the nurses who ended up there were often broken,” he says.

“They’d have breakdowns while serving closer to the action, ending their shifts with tears streaming down their faces, terrible insomnia, obviously what we now would call post-traumatic stress. It was supposed to be a light assignment and was not supposed to be dangerous.

“But for those aboard the Llandoverly Castle it was fatal.”

## EXTENDED PROMOTION

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# Your week on TV

MONDAY EVENING													NOVEMBER 13, 2017		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News (N) Ⓞ	Entertainment Tonight (N)	Kevin Can Wait (N) Ⓞ	Man With a Plan Ⓞ	Superior Do-nuts "Brotégé" (N) Ⓞ	9JKL "Nanny Wars" (N) Ⓞ	Scorpion The team visits a renaissance festival. (N) Ⓞ	Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓞ		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓞ	Wheel of Fortune (N) Ⓞ	The Voice "The Playoffs, Night 1" (N) Ⓞ	The remaining artists compete.	(:01) The Brave The team investigates a drone crash. (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) Ⓞ			
CBMT	6	206	301	CBC Montreal News (N)	On the Money	Coronation Street (N) Ⓞ	Coronation Street (N) Ⓞ	Murdoch Mysteries Murdoch investigates a car accident.	(:01) Frankie Drake Mysteries "Ladies in Red" (N) Ⓞ	The National (N) Ⓞ	CBC Montreal News (N)	Coronation Street Ⓞ	Coronation Street Ⓞ		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) La voix junior extra	Boomerang (N) (SC)	L'échappée "Attraction - réputation" (N) (SC)	L'imposteur: la suite "La fin du monde" (N) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin Lise Dion. (SC)	(:35) Jimmy Kimmel Live Ⓞ			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓞ	Jeopardy! (N) Ⓞ	Dancing With the Stars (N) Ⓞ (Live) Ⓞ	(:01) The Good Doctor Shaun encounters prejudice. (N) Ⓞ	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ⓞ				
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N)	Trop (N)	Faits divers Le corps de Ran-cour a été découvert.	Le siège L'arrivée des forces de l'ordre. (DVS) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	(:05) Marina Orsini (SC)				
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) Ⓞ	ET Canada	Entertainment Tonight (N)	Kevin Can Wait (N) Ⓞ	Man With a Plan Ⓞ	Superior Do-nuts "Brotégé" (N) Ⓞ	9JKL "Nanny Wars" (N) Ⓞ	(:01) The Brave The team investigates a drone crash. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert Ⓞ	
CFCF	12	205	312	CTV News Montreal (N) Ⓞ	etalk (N) Ⓞ	The Big Bang Theory Ⓞ	Lucifer A man seeks revenge against Lucifer. (N) Ⓞ	The Gifted Eclipse's ex-lover returns. (N) Ⓞ (DVS)	(:01) The Good Doctor Shaun encounters prejudice. (N) Ⓞ	News-Lisa	CTV News Montreal (N)	The Daily Show			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) Ⓞ	Dancing With the Stars (N) Ⓞ (Live) Ⓞ	(:01) The Good Doctor Shaun encounters prejudice. (N) Ⓞ	Local 22 News (N)	(:35) Jimmy Kimmel Live Ⓞ				
WUTV	30	-	-	The Big Bang Theory Ⓞ	Judge Judy (N) Ⓞ	Judge Judy (N) Ⓞ	Family Feud (N) Ⓞ	Lucifer A man seeks revenge against Lucifer. (N) Ⓞ	The Gifted Eclipse's ex-lover returns. (N) Ⓞ (DVS)	2 on Your Side Seinfeld "The Junk Mail" Ⓞ	Two and a Half Men Ⓞ	Two and a Half Men Ⓞ	Last Man Standing Ⓞ		
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Rire et délire	Ambulances animales (N)	Scorpion Un réacteur nucléaire. (N) (SC)	24 heures chrono: l'héritage Carter est dans le pétrin. Ⓞ	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	"11.6" (2013) Bouli Lanners	
WUHF	-	363	-	Modern Family Ⓞ	Modern Family Ⓞ	The Big Bang Theory Ⓞ	The Big Bang Theory Ⓞ	Lucifer A man seeks revenge against Lucifer. (N) Ⓞ	The Gifted Eclipse's ex-lover returns. (N) Ⓞ (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓞ	DailyMailTV (N) Ⓞ	Impractical Jokers Ⓞ	Paid Program Ⓞ		
WETK	-	-	-	PBS NewsHour (N) Ⓞ	The This Old House Hour Ⓞ	Antiques Roadshow "Junk in the Trunk 7" (N) Ⓞ	Antiques Roadshow "Junk in the Trunk 7" (N) Ⓞ	Arts in Exile: Tibetan Treasures in Small Town America	POV "Almost Sunrise" Friends embark on a trek across America. (N) Ⓞ	POV "Almost Sunrise" Friends embark on a trek across America. (N) Ⓞ	Charlie Rose (N) Ⓞ	Charlie Rose (N) Ⓞ			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) Ⓞ	Antiques Roadshow "Junk in the Trunk 7" (N) Ⓞ	Arts in Exile: Tibetan Treasures in Small Town America	POV "Almost Sunrise" Friends embark on a trek across America. (N) Ⓞ	POV "Almost Sunrise" Friends embark on a trek across America. (N) Ⓞ	Charlie Rose (N) Ⓞ	Charlie Rose (N) Ⓞ			
A&E	615	520	-	Intervention "Elena" Grandmother addicted to meth. Ⓞ	Intervention "Leon" Ⓞ	Elizabeth Smart: Autobiography "Part 1" Kidnapping victim explains her story. Ⓞ	Elizabeth Smart: Autobiography "Part 2" Kidnapping victim's travels and rescue. Ⓞ	(:33) Elizabeth Smart: Autobiography "Part 1" Kidnapping victim explains her story. Ⓞ	Elizabeth Smart						
BRAVO	620	523	-	Major Crimes A gang banger is acquitted of murder. Ⓞ	Major Crimes A man dressed as Santa robs a bank. Ⓞ	Major Crimes Flynn talks down a jumper. Ⓞ	"My Favorite Wedding" (2017) Maggie Lawson. A woman starts to fall for the best man at her friend's wedding. Ⓞ	Major Crimes Two people are attacked at a teen party.	Major Crimes "Acting Out"						
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360					
DISC	520	505	-	MythBusters Testing hands-free driving. Ⓞ	Daily Planet (N) Ⓞ (DVS)	How It's Made (N) Ⓞ	Made by De-struction (N) Ⓞ	Last Stop Garage (N)	Last Stop Garage (N)	Canada's Worst Driver The drivers parallel park. (N)	Tougher Than It Looks (N)	Tougher Than It Looks (N)	Last Stop Garage		
HIST	522	506	-	The Curse of Oak Island "The Journey So Far" Ⓞ	The Curse of Oak Island "Forever Family" Peril strikes during a daring dive. Ⓞ	24/60 (N) (SC)	Les grands reportages Une série d'attaques. (N) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)			
SHOW	616	521	-	NCIS "Monsters and Men" A possible location for Parsa.	NCIS Faulty bulletproof vests are discovered. Ⓞ	Supergirl Kara and Alex head home to Midvale. (N) Ⓞ	Travelers "Jenny" A deadly disease is spreading. (N) Ⓞ	NCIS "Double Back" Tracking one of Parsa's cohorts.	Supergirl Kara and Alex head home to Midvale. Ⓞ	Travelers "Jenny" Ⓞ					
SLICE	601	562	-	The Real Housewives of Orange County Ⓞ	The Real Housewives of Orange County Ⓞ	The Real Housewives of Orange County Ⓞ	The Real Housewives of Orange County Ⓞ	The Real Housewives of Dal-las "Reunion Part 2" (N)	The Real Housewives of Orange County Ⓞ	Housewives/OC					
SPIKE	628	584	-	Cops "Coast to Coast" Ⓞ	Cops Ⓞ	Cops "Coast to Coast" Ⓞ	Cops "Coast to Coast" Ⓞ	Cops "Party in a Box" Ⓞ	Cops "Wake Up Call" Ⓞ	Cops "Cats and Dogs" Ⓞ	Cops Ⓞ	Cops Ⓞ	Cops Ⓞ		
TLC	521	560	-	Say Yes to the Dress Ⓞ	Say Yes to the Dress Ⓞ	Long Lost Family A woman who was left on a curb. Ⓞ	Long Lost Family A man stumbles on a family murder.	(:02) Long Island Medium Theresa turns 50. (N) Ⓞ	(:05) The Healer Helping a boy in horrible pain. (N) Ⓞ	(:08) Long Lost Family "My First Chapter Is Unwritten"	Long Island Medium Ⓞ				
TSN	400	400	-	Monday Night Countdown (N) (Live) Ⓞ	(:15) NFL Football Miami Dolphins at Carolina Panthers. A cross-conference matchup pits the Dolphins against the Panthers in the Monday night. (N) (Live)	SportsCentre (N) Ⓞ	SC With Jay and Dan (N)								
YOUTH	551	542	-	Henry Danger	I Am Frankie	** "Chicken Little" (2005) Voices of Zach Braff. Ⓞ	** "Chicken Little" (2005) Voices of Zach Braff. Ⓞ	Assembly	Assembly	Chicken Little					

TUESDAY EVENING													NOVEMBER 14, 2017		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News (N) Ⓞ	Entertainment Tonight (N)	NCIS "Voices" A person of interest is found murdered.	Bull "The Devil, the Detail" Bull sues a drug company.	NCIS: New Orleans Wade's son asks Pride for help. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓞ				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓞ	Wheel of Fortune (N) Ⓞ	The Voice The remaining artists compete. (N) Ⓞ	This Is Us Kevin gets an award at his old school. (N)	Law & Order True Crime: The Menendez Murders Ⓞ	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) Ⓞ			
CBMT	6	206	301	CBC Montreal News (N)	On the Money	Just for Laughs: Gags	Coronation Street (N) Ⓞ	Rick Mercer Report (N) Ⓞ	22 Minutes (N) Ⓞ	Kim's Convenience (N) Ⓞ	Mr. D (N) Ⓞ (DVS)	The National (N) Ⓞ	CBC Montreal News (N)	Coronation Street Ⓞ	Rick Mercer Report Ⓞ
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Lachés lousches (N) (SC)	O' Philippe est sous le choc d'avoir perdu l'argent d'Agua.	L'heure bleue (N) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin Lise Dion. (SC)	(:35) Jimmy Kimmel Live Ⓞ				
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓞ	Jeopardy! (N) Ⓞ	The Middle (N) Ⓞ	Fresh Off the Boat (N) Ⓞ	blackish (N) Ⓞ (DVS)	The Mayor (N) Ⓞ	Kevin (Probably) Saves the World "Dave" (N) Ⓞ	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Ⓞ	
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	La facture (N) (SC)	Unité 9 Jeanne a droit à une sortie. (N) (DVS) (SC)	Mémoires vives Laurie vit son deuil avec courage. (N)	Le Téléjournal avec Céline Galipeau (N) (SC)	(:05) Marina Orsini (SC)				
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) Ⓞ	NCIS: New Orleans Wade's son asks Pride for help. (N)	NCIS "Voices" A person of interest is found murdered.	Bull "The Devil, the Detail" Bull sues a drug company.	Law & Order True Crime: The Menendez Murders Ⓞ	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert Ⓞ				
CFCF	12	205	312	CTV News Montreal (N) Ⓞ	etalk (N) Ⓞ	The Big Bang Theory Ⓞ	The Flash Artifact collectors are attacked. (N) Ⓞ	This Is Us Kevin gets an award at his old school. (N)	Kevin (Probably) Saves the World "Dave" (N) Ⓞ	News-Lisa	CTV News Montreal (N)	The Daily Show			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) Ⓞ	The Middle (N) Ⓞ	Fresh Off the Boat (N) Ⓞ	blackish (N) Ⓞ (DVS)	The Mayor (N) Ⓞ	Kevin (Probably) Saves the World "Dave" (N) Ⓞ	Local 22 News (N)	(:35) Jimmy Kimmel Live Ⓞ	
WUTV	30	-	-	The Big Bang Theory Ⓞ	Judge Judy (N) Ⓞ	Judge Judy (N) Ⓞ	Family Feud (N) Ⓞ	Lethal Weapon "Gold Rush" (N) Ⓞ (DVS)	The Mick (N) Ⓞ (DVS)	Brooklyn Nine-Nine (N) Ⓞ	2 on Your Side Seinfeld Ⓞ	Two and a Half Men Ⓞ	Two and a Half Men Ⓞ	Last Man Standing Ⓞ	
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Heure limite "Tout pour sa famille" Un évadé de prison.	Éternel Un homme est retrouvé dans sa voiture. (SC)	Pure Noah élabore un plan. Ⓞ (SC)	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	"Obsession mortelle"		
WUHF	-	363	-	Modern Family Ⓞ	Modern Family Ⓞ	The Big Bang Theory Ⓞ	The Big Bang Theory Ⓞ	Lethal Weapon "Gold Rush" (N) Ⓞ (DVS)	The Mick (N) Ⓞ (DVS)	Brooklyn Nine-Nine (N) Ⓞ	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓞ	DailyMailTV (N) Ⓞ	Impractical Jokers Ⓞ	Paid Program Ⓞ	
WETK	-	-	-	PBS NewsHour (N) Ⓞ	Saving Our Waters	Outdoor Journal	Finding Your Roots Lupita Nyong'o; Carmelo Anthony.	The Vietnam War "The History of the World" American troops withdraw from Vietnam. Ⓞ (DVS)	The Vietnam War "The History of the World" American troops withdraw from Vietnam. Ⓞ (DVS)	Nightly Business Report	Charlie Rose (N) Ⓞ				
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) Ⓞ	Finding Your Roots Lupita Nyong'o; Carmelo Anthony.	The Vietnam War "The History of the World" American troops withdraw from Vietnam. Ⓞ (DVS)	The Vietnam War "The History of the World" American troops withdraw from Vietnam. Ⓞ (DVS)	BBC World News Ⓞ	Charlie Rose (N) Ⓞ				
A&E	615	520	-	The First 48 A high-school graduate is gunned down. Ⓞ	Leah Remini: Scientology and the Aftermath Ⓞ	Leah Remini: Scientology and the Aftermath Ⓞ	Leah Remini: Scientology and the Aftermath Ⓞ	Leah Remini: Scientology and the Aftermath Ⓞ	Leah Remini: Scientology and the Aftermath Ⓞ	(:05) Intervention Addict hits rock bottom after divorce. Ⓞ	Leah Remini: Scientology				
BRAVO	620	523	-	CSI: Miami Ⓞ	CSI: Miami "Money Plane" Plane crash. Ⓞ	CSI: Miami "Game Over" Skateboarder. Ⓞ	Major Crimes Sharon's career is threatened. (N) Ⓞ	19-2 "Fishbowl" Ben's actions bring repercussions. Ⓞ	CSI: Miami "Identity" Snakes used to smuggle drugs. Ⓞ	CSI: Miami Ⓞ					
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360					
DISC	520	505	-	MythBusters Crushing a giant tanker train car. Ⓞ	Daily Planet (N) Ⓞ (DVS)	Gold Rush Todd Hoffman's water supply is illegal. (N)	Gold Rush Parker Schnabel fights floodwaters. (N) Ⓞ	Highway Thru Hell Jamie takes The Python off road.	Edge of Alaska "Uprooted" Ⓞ	Gold Rush Ⓞ					
HIST	522	506	-	American Pickers Frank goes nuts for a snack icon.	Pawn Stars	Pawn Stars "Mini Miles"	American Pickers Mike falls for a classic Ford pick-up. Ⓞ	Forged in Fire Finalists must forge the crusader sword. (N)	Hunting Nazi Treasure Looting of Paris Nazi occupation.	American Pickers Frank goes nuts for a snack icon.	Forged in Fire Ⓞ				
RDI	126	730	-	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)			
SHOW	616	521	-	NCIS A bomb goes off at a charity concert. Ⓞ	NCIS A former NCIS agent is found dead. Ⓞ (DVS)	Scorpion An asteroid contains strands of DNA. Ⓞ	Scorpion The team is trapped inside a bio-dome.	NCIS An undercover operation is compromised. Ⓞ	NCIS "Dressed to Kill" Di-Nozzo's father has a secret.	NCIS Ⓞ (DVS)					
SLICE	601	562	-	Three Days to Live "Anita Woodbridge" Ⓞ	The Real Housewives of Orange County Ⓞ	The Real Housewives of Dal-las "Reunion Part 2" Ⓞ	Three Days to Live A young girl is taken by masked men.	Killision Course Teacher, ex-con and jealous girlfriend. (N)	The Real Housewives of Orange County Ⓞ	Three Days to Live Ⓞ					
SPIKE	628	584	-	Bar Rescue Resurrecting a closed neighborhood bar. Ⓞ	Bar Rescue A maternal owner needs convincing. Ⓞ	Bar Rescue A bar owned by a man who might go blind.	Ink Master: Angels "Golden Gate Angels" Ⓞ	Ink Master: Angels The final Angel Face Off. (N) Ⓞ	Tattoo Night-mares Ⓞ	Tattoo Night-mares Ⓞ	Tattoo Night-mares Ⓞ				
TLC	521	560	-	Unexpected Lexus thinks she's in labor. Ⓞ	Hodges Half Dozen Liz and Daniel welcome quintuplets.	The Little Couple Will shares startling news; extended. (N)	The Little Couple Bill puts up the Christmas decorations.	(:03) Hodges Half Dozen "Diapergeddon" (N) Ⓞ	(:06) The Little Couple "Dear Santa, I Love You" Ⓞ	Hodges Half Dozen Ⓞ					
TSN	400	400	-	SportsCentre (N) (Live) Ⓞ	NBA Basketball Toronto Raptors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	SportsCentre (N) (Live) Ⓞ	SC With Jay and Dan (N)								
YOUTH	551	542	-	Henry Danger	I Am Frankie	*** "Hercules" (1997) Voices of Tate Donovan. Ⓞ	*** "Hercules" (1997) Voices of Tate Donovan. Ⓞ	Assembly	Assembly	Hercules Ⓞ					

# Your week on TV

## WEDNESDAY EVENING NOVEMBER 15, 2017

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News (N) o	Entertainment Tonight (N)	Survivor "Knights of the Round Table" (N) o		SEAL Team The team rescues a CIA operative. (N) o		Criminal Minds A subject targets prominent people. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert o	
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Wheel of Fortune (N) o	The Blacklist "Ian Garvey" (N) o		The Voice The remaining artists compete. (N) o		Chicago P.D. Halstead goes under cover to save a kid. o		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) o	
CBMT 6	206 301	CBC Montreal News (N)	On the Money	22 Minutes (N) o	Coronation Street (N) o	The Great Canadian Baking Show "Dessert Week" (N) o		Top of the Lake: China Girl "Birthdays" (N) o (DVS)		The National (N) o		CBC Montreal News (N)	Coronation Street o Rick Mercer Report o	
CHLT 7	107 718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Les gags (N) (SC)	La poule aux oeufs d'or (N)	Au secours de Béatrice "Un grain de sable" (N) (SC)		Blue Moon Justine est interrogée par des agents. (SC)		TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin Lise Dion. (SC)		
WMTW 8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) o	Jeopardy! (N) o	The Goldbergs Speechless (N) o		Modern Family American Housewife (N)		Designated Survivor "Family Ties" (N) o		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live o	
CKSH 9	108	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé Patrick Lagacé et Emilie Bibeau. (N)		Les pêcheurs Les Simone (N)		Le Téléjournal avec Céline Galipeau (SC)		(:05) Marina Orsini (SC)		
CKMI 11	-	(5:30) Global News at 5:30	Global National (N) o	Entertainment Tonight (N)	ET Canada	Survivor "Knights of the Round Table" (N) o		SEAL Team The team rescues a CIA operative. (N) o		Chicago P.D. Halstead goes under cover to save a kid. o		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) o	
CFCF 12	205 312	CTV News Montreal (N) o		etalk (N) o	The Big Bang Theory o	Criminal Minds A subject targets prominent people. (N)		The Voice The remaining artists compete. (N) o		Designated Survivor "Family Ties" (N) o		News-Lisa	CTV News Montreal (N) o The Daily Show	
WVNY 22	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) o	The Goldbergs Speechless (N) o		Modern Family American Housewife (N)		Designated Survivor "Family Ties" (N) o		Local 22 News (N)	(:35) Jimmy Kimmel Live o	
WUTV 60	-	The Big Bang Theory o	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	Empire The Lyons band together to help Hakeem. (N)		Star "Faking It" Ayanna tries to restore Midtown's image. (N)		2 on Your Side Seinfeld "The Slicer" o		Two and a Half Men o	Two and a Half Men o Last Man Standing o	
CFKS 61	106 726	Souper parfait	Occupation Double Bali	Personne d'intérêt "Une voix familière" o (SC)		NCIS: Los Angeles Callen doit interroger son père. o		La grande évasion Poseidon parvient à semer Michael. o		Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N) (11:59) Gotham (SC)	
WUHF	- 363	Modern Family o	Modern Family o	The Big Bang Theory o	The Big Bang Theory o	Empire The Lyons band together to help Hakeem. (N)		Star "Faking It" Ayanna tries to restore Midtown's image. (N)		13WHAM News at 10 on Fox Rochester (N) (Live) o		DailyMailTV (N) o	Impractical Jokers o Paid Program o	
WETK	-	PBS NewsHour (N) o		Globe Trekker A trip down the Nile River. o (DVS)		A Year in Space International Space Station. o		Beyond a Year in Space (N) o		The Farthest -- Voyager in Space NASA's Voyager missions. (N) o			Charlie Rose (N) o	
WCFE	-	World News America	Nightly Business Report	PBS NewsHour (N) o		A Year in Space International Space Station. o		Beyond a Year in Space (N) o		The Farthest -- Voyager in Space NASA's Voyager missions. (N) o			Charlie Rose (N) o	
A&E	615 520	Storage Wars o	Storage Wars o	Storage Wars o	Storage Wars o	Storage Wars o	Storage Wars o	Storage Wars o	Storage Wars o	(:01) Ozzy and Jack's World Detour "Speed Demons" (N)		(:03) Storage Wars o	(:33) Storage Wars o (12:03) Storage Wars o	
BRAVO	620 523	CSI: Miami "Recoil" A custody battle ends in murder.		CSI: Miami Murder at a high-school reunion. o		CSI: Miami "Whacked" A death row appeal. o		Queen Sugar Darla gets fired; Micah gets suspended.		Animal Kingdom Baz recruits J for a more personal job. o		CSI: Miami "Sex & Taxes" Two IRS agents are killed.	CSI: Miami "Killer Date"	
CNN	500 500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520 505	How It's Made: Remix	How It's Made	Daily Planet (N) o (DVS)		Gold Rush Parker Schnabel fights floodwaters. o		Highway Thru Hell Jamie takes The Python off road.		Frontier "Cannonball" Michael digs the tunnel. (N)		Highway Thru Hell Jamie takes The Python off road.	Frontier "Cannonball"	
HIST	522 506	American Pickers A reel of Beatles footage. o		Hunting Nazi Treasure Looting of Paris Nazi occupation.		Forged in Fire Finalists must forge the crusader sword. o		Road Hawks A search-and-rescue vehicle. (N) o		Counting Cars	Counting Cars	American Pickers A reel of Beatles footage. o	Road Hawks o	
RDI	126 730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages "Faut en parler - Ma foi" (N) (SC)		Le Téléjournal avec Céline Galipeau (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616 521	NCIS McGee's girlfriend asks for help. o (DVS)		NCIS "Alleged" Investigation a Navy officer's death. o		NCIS: Los Angeles Planted evidence causes trouble. o		NCIS: Los Angeles "Under Siege" o (DVS)		Mr. Robot Elliot faces off with Mr. Robot. (N) o		(:15) NCIS A copycat of the Privileged Killer.	(12:15) NCIS o (DVS)	
SLICE	601 562	Killision Course A man offers a troubled woman stability.		Three Days to Live A young girl is taken by masked men.		Killision Course Teacher, ex-con and jealous girlfriend. o		The Real Housewives of New Jersey (N) o		A Night With My Ex o	A Night With My Ex o	The Real Housewives of New Jersey o	Housewives/ NJ	
SPIKE	628 584	Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live	*** "Training Day" (2001, Crime Drama) Denzel Washington, Ethan Hawke. o	
TLC	521 560	Say Yes to the Dress o	Say Yes to the Dress o	Long Lost Family A man stumbles on a family murder.		90 Day Fiancé: Extended "Crossing the Line" Annie cries because of David; extended. (N) o		Unexpected Lilly's family meets James; extended. (N)		90 Day Fiancé: Extended Annie cries because of David; extended. o			SportsCentre SC With Jay and Dan (N)	
TSN	400 400	SportsCentre (N) (Live) o		That's Hockey CFL Wired (N) o		College Football Teams TBA. (N) (Live) o						SportsCentre (N) o	SC With Jay and Dan (N)	
YOUTH	551 542	Henry Danger	I Am Frankie	*** "Lilo & Stitch" (2002) Voices of Daveigh Chase. o				*** "Lilo & Stitch" (2002) Voices of Daveigh Chase. o				Assembly	Assembly	Lilo & Stitch

## THURSDAY EVENING NOVEMBER 16, 2017

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News (N) o	Entertainment Tonight (N)	The Big Bang Theory (N) o	(:31) Young Sheldon (N)	(:01) Mom (N) o	Life in Pieces (N) o	S.W.A.T. "Pamilya" A newcomer jeopardizes his career.		Channel 3 News	(:35) The Late Show With Stephen Colbert o	
WPTZ 5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Football Night in Pittsburgh (N) o (Live) o		(:20) NFL Football Tennessee Titans at Pittsburgh Steelers. (N) o (Live) o						NBC5 News at 11 (N)	Tonight Show
CBMT 6	206 301	CBC Montreal News (N)	On the Money	marketplace o	Coronation Street (N) o	Dragons' Den Products from an entrepreneur. (N) o		Under New Management	Under New Management	The National (N) o		CBC Montreal News (N)	Coronation Street o Rick Mercer Report o	
CHLT 7	107 718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Histoires en cour (N)	J.E. (N) (SC)	Juste pour rire (Season Finale) (N) (SC)		Survivant désigné "Les résultats" o (SC)		TVA nouvelles (:35) Denis Lévesque (N) (SC)		(:35) * "L'Expatrié" (2012, Action) Aaron Eckhart. (SC)		
WMTW 8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) o	Jeopardy! (N) o	Grey's Anatomy A hacker shuts down the hospital. (N)		(:01) Scandal Revelations leave everyone reeling. (N)		(:01) How to Get Away With Murder "Live. Live. Live." (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live o	
CKSH 9	108	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N)	Infoman (N) (SC)	Les dieux de la danse "Quarts de finale" (N) (SC)		Enquête (N) (SC)		Le Téléjournal avec Céline Galipeau (N) (SC)		(:05) Marina Orsini (SC)		
CKMI 11	-	(5:30) Global News at 5:30	Global National (N) o	ET Canada	Entertainment Tonight o	*** "Elf" (2003) Will Ferrell, James Caan. A man leaves Santa's workshop to search for his family. o (DVS)		S.W.A.T. "Pamilya" A newcomer jeopardizes his career.		Global News at 11 (N)		(:35) The Late Show With Stephen Colbert o		
CFCF 12	205 312	CTV News Montreal (N) o		Grey's Anatomy A hacker shuts down the hospital. (N)		The Big Bang Theory (N) o	(:31) Young Sheldon (N)	(:01) Gotham Professor Pyg torments Gotham city. (N) o		How to Get Away With Murder "Live. Live. Live." (N) o		News-Lisa	CTV News Montreal (N) o The Daily Show	
WVNY 22	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) o	Grey's Anatomy A hacker shuts down the hospital. (N)		(:01) Scandal Revelations leave everyone reeling. (N)		(:01) How to Get Away With Murder "Live. Live. Live." (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live o	
WUTV 60	-	The Big Bang Theory o	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	Gotham Professor Pyg torments Gotham city. (N) o		(:01) The Orville "Firestorm" A fire breaks out on the ship.		2 on Your Side Seinfeld "The Betrayal" o		Two and a Half Men o	Two and a Half Men o Last Man Standing o	
CFKS 61	106 726	Souper parfait	Occupation Double Bali	Intemporel L'exposition universelle. o (SC)		Dix jours dans la vallée "Jour 7" o (DVS) (SC)		Chicago Police Un accident de voiture. o (DVS) (SC)		Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N) Zone Séduction	
WUHF	- 363	Modern Family o	Modern Family "Flip Flop" o	The Big Bang Theory o	The Big Bang Theory o	Gotham Professor Pyg torments Gotham city. (N) o		(:01) The Orville "Firestorm" A fire breaks out on the ship.		13WHAM News at 10 on Fox Rochester (N) (Live) o		DailyMailTV (N) o	Impractical Jokers o Paid Program o	
WETK	-	PBS NewsHour (N) o		Food Fight: Inside The Battle for Market Basket The battle to save Market Basket.		Saving Our Waters		Royal Wives at War o		Scott & Bailey Ads may hold the key to solve a murder.		Nightly Business Report	Charlie Rose (N) o	
WCFE	-	World News America	Nightly Business Report	PBS NewsHour (N) o		New Tricks "Life Expectancy" o		New Tricks The UCOS is threatened with closure. o		Last Tango in Halifax Gillian's wedding day. o		BBC World News	Charlie Rose (N) o	
A&E	615 520	The First 48 A teen is killed in a robbery gone bad. o		The First 48 Deadly street battle in Tulsa, Okla. o		The First 48 A local criminal is fatally stabbed. o		The First 48: Revenge Kills o		The Eleven Bell's parole date approaches. (N) o		(:03) The First 48 A young man shot to death at a party.	(12:03) The First 48 o	
BRAVO	620 523	Criminal Minds A family of four is abducted. o		Criminal Minds The members of a family are murdered. o		Project Runway "Finale, Part 2" The winner is chosen. (N) o		Project Runway (N) o		Criminal Minds A serial killer in Wisconsin. o		Criminal Minds A congressman's wife disappears. o	Criminal Minds o	
CNN	500 500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520 505	Last Stop Garage	Last Stop Garage	Daily Planet (N) o (DVS)		Fast N' Loud The team goes over schedule. (N) o		Misfit Garage The '60 Sunliner's color raises concern.		Garage Rehab Renovating a shop in Roanoke, Texas. (N)		Street Outlaws: New Orleans "Thunderstruck" (N) o	Fast N' Loud "Bad Bass"	
HIST	522 506	American Pickers The guys make a killer backroom deal.		Road Hawks A search-and-rescue vehicle. o		Counting Cars	Counting Cars	The Curse of Oak Island "The Journey Continues" (N)		The Hunt for the Zodiac Killer "The New Suspect" o		American Pickers The guys make a killer backroom deal.	The Curse of Oak Island	
RDI	126 730	RDI économie (N) (SC)		24/60 (N) (SC)		Les grands reportages "Les colons" (N) (SC)		Le Téléjournal avec Céline Galipeau (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616 521	NCIS A controversial crime scene. o (DVS)		NCIS "Honor Thy Father" A fire on a U.S. Navy ship. o		*** "The Bourne Ultimatum" (2007) Matt Damon, Julia Stiles. Jason Bourne continues to look for clues to unravel his true identity. o		Jason Bourne		Superior Donuts o		NCIS "Shooter" A Marine photographer goes missing.	NCIS o (DVS)	
SLICE	601 562	Million Dollar Listing Los Angeles "Back on Market" o		The Real Housewives of New Jersey o		A Night With My Ex o	A Night With My Ex o	Million Dollar Listing Los Angeles "Uncharted Territory"		Real Estate Wars "Property Problems" (N) o		Million Dollar Listing New York o	Million Dollar LA	
SPIKE	628 584	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	*** "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm. Global warming leads to worldwide natural disasters. o					"Superman Returns" o	
TLC	521 560	Say Yes to the Dress o	Say Yes to the Dress o	My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. o		My 600-Lb. Life Pauline's addiction to food; her son.		My 600-Lb. Life Ashley confronts her eating disorder. o		(:02) My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. o				
TSN	400 400	SportsCentre (N) (Live) o		That's Hockey Football Night in America (N) o (Live) o		(:20) NFL Football Tennessee Titans at Pittsburgh Steelers. (N) o (Live) o						SportsCentre (N) o	SC With Jay and Dan (N)	
YOUTH	551 542	Henry Danger	I Am Frankie	The Toy Box o		** "Pocahontas" (1995) Voice of Irene Bedard. o		** "Pocahontas" (1995) Voice of Irene Bedard. o					Pocahontas	

# Country

CONT'D FROM PAGE 8

dynamic brand of country music which undoubtedly will please Townships country music fans." Considering that one of FPI's objectives is to support the community, they are again pleased to announce that part of the proceeds from the Washboard Union's performance will be donated to the 2017 Sherbrooke Firemen's Toy Drive.

### Non-perishables items for Moisson Estrie

Furthermore, Firehouse Productions Inc. in collaboration with CFLX 95.5 FM's Club Country radio show hosts Jessie Aulis and Annie Plante are asking those who will attend the Washboard Union concert to bring some non-perishable items or a donation to help less fortunate members of our community.

These contributions will be handed over to Moisson Estrie. Consequently, the evening of November 26 will be combining great Canadian country music and the will to share with others who are less fortunate.

If you are not attending the concert, you can still stop by the night of the show and bring your donation to the Centennial. In order to thank the donors, Firehouse Productions will give each donor a coupon to enter a special contest to win a pair of tickets for the next FPI show as well as promotion items. The winner will be named the same night.

Tickets are now available at Bishop's University's Centennial Theatre box office (819-822-9692) and via ovation.ca for \$38. Pricing does not include applicable taxes. Service fees may apply.

Firehouse Productions Inc. (FPI) is a non-profit corporation producing live performances while providing financial support to various charities of the greater Sherbrooke area. It focuses on attracting mainly Canadian country music artists from outside Quebec and local talent to perform in the Eastern Townships, so they can reach and meet the region's many country music enthusiasts.

# Encore+

CONT'D FROM PAGE 13

Over the past three years, YouTube has seen a 400 per cent increase in watch time for Canadian broadcaster content, with 90 per cent of that coming from outside of Canada.

Earning extra revenue is not a top priority for Devine.

"It's more about this being an important cultural endeavour."

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## MUSIC

### November 11

Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by Gary Darling. Lunch served. Door prizes. Info: 819-876-2021.

### November 11

Dance at the Ramana Hotel (former Crete's) in Sawyerville on Saturday, November 11 from 8 p.m. to midnight. Music by the Country Swingers. Admission \$8. All welcome.

### November 11

Country Dance with variety at Trinity Anglican Church, 409 South St., Cowansville on Saturday November 11 from 7 p.m. to 11 p.m. Music by Jimmy Edwards Country Folks band. Door prizes, 50-50 drawing. Support the church and food bank. Donation \$8. Canteen on premises.

### November 18

Fundraiser to benefit the family of Ethan Marshall, recent victims of a house fire in Dunham with the tragic loss of their son and all their possessions. Featuring Jimmy Edward Country Folks band, Saturday, November 18 from 7 p.m. to 11 p.m., Royal Canadian Legion, 120 Davignon Blvd., Cowansville. All proceeds go to the family. Admission \$10.

## EVENTS

### November 10 & 11

St. Andrew's Craft Sale, 256 Queen St., Lennoxville, Friday, November 10, 7 p.m. to 9 p.m., and Saturday, November 11 from 10 a.m. to 4 p.m. A warm welcome to all. Wheelchair accessible. There will be jewellery, some baking, knitting, odds and ends. Light refreshments available for a donation and a wee bit of music.

### November 10 & 11

Church of the Ascension, West Brome, annual Craft Sale and Soup Luncheon on Friday, November 10 from 10 a.m. to 3 p.m. and Saturday, November 11 from 9 a.m. to 3 p.m. Only on Saturday morning a bake sale. Information: 450-263-3025.

### November 11 & 12

A.D.S. annual Craft Fair will be held Saturday and Sunday, November 11 & 12, from 10 a.m. to 4 p.m. Free admission. There will be activities for the kids, why not make it a family outing! Scholastic Book Fair will be on site. Brunch on Sunday from 10 a.m. to 1 p.m. For table rentals call Wanda 819-342-7026 or email wandacox96@gmail.com. Door prizes. Everyone welcome! Visit our event on Facebook at Salon des Artisans ADS Craft Show and see all the artisans that

# What's On

will be present.

### November 16

Annual Holiday Soup, Dessert Luncheon and Bake Sale at All Saints Anglican Church, Dunham on Thursday, November 16. Bake sale starts at 11:30 a.m. Luncheon at 12 noon. Donation \$10. Cards will be played immediately following. Reservation: Claire 450-295-2349 or Mary 450-263-3329. Remember "always fresh - nothing frozen."

### November 17

Live Art Show on Friday, November 17 at The Gait, Bishop's University, Lennoxville from 7 p.m. to midnight. \$15 for students, \$25 general admission, first beverage included. Fundraiser for Transformative Praxis Malawi.

### November 17

Christmas Sale Sutton Saturday Market, November 18 from 9 a.m. to 3 p.m., at 2 Curley Street, Sutton. Canteen available.

### November 18

The Brome County Rug Hookers invite you to a hooked rug show and demonstration at the Brome Village Hall, 330 Stagecoach, Brome on November 18 from 9 a.m. to 4 p.m.

### November 18

Sawyerville Elementary School's parent committee invites you to their annual "This, That and Holiday All Sale," Saturday, November 18, 9 a.m. to 2 p.m., at the school. We hope to see you there!

### November 19

Sunday Brunch on Sunday, November 19 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome. Adults \$10, children 5 -12 years \$5, children under 5 are free.

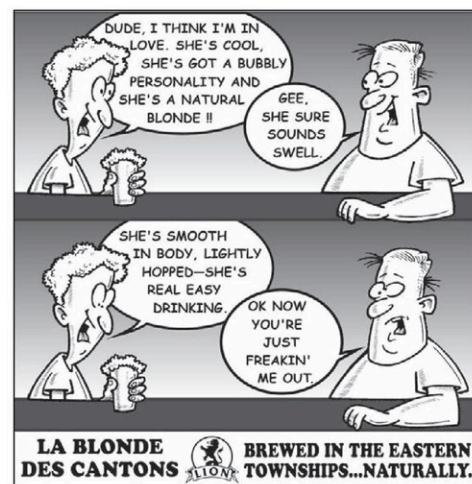
### December 2

Victorian Christmas Tea. The Lennoxville-Ascot Historical and Museum Society will be holding its much awaited annual Victorian Christmas Tea on December 2 at 12:30 p.m. and 3 p.m. (2 sittings). Enjoy tea, sandwiches and Christmas treats while experiencing the ambiance of the Uplands heritage house specially decorated for the holidays! Call us to reserve, limited space! 819-564-0409. 9 Speid St., Sherbrooke (Lennoxville).

## EXHIBITS

### September to December

1867-2017: 150 Years in Lennoxville and Ascot - Lennoxville-Ascot Historical and Museum Society has chosen to celebrate 150 years of Canada's history since Confederation with a display of historical objects and photographs that



focus on education, military, transportation, royalty, toys, and businesses in our area. On the second floor of Uplands, 9 Speid Street, Sherbrooke (Borough of Lennoxville) the exhibit is open to the public, Wednesday to Sunday, 1 p.m. to 4:30 p.m. Admission is free. Information: 819-564-0409.

### November 12 to December 17

The gallery at Uplands Cultural and Heritage Centre is proud to present the works of six Aboriginal and local artists from November 12 to December 17, 2017: Christine Sioui Wawanoloath, Joyce Panadis, Ena Greyeyes, Debbie Everett, Lucy Doheny and Caroline George. You are cordially invited to meet the artists during the vernissage on November 12 from 2 to 4 p.m., 9 Speid Street, Sherbrooke (Lennoxville). The exhibit wraps up the series of activities presented as part of Uplands' Canada 150 project, "From Nikitotegwas to Lennoxville", discovering the richness of Aboriginal history, culture and arts.

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## Local Sports

"I'm not a fan of fast-tracking," said Ramsay. "I like to go step by step."

## Christine's holiday gift ideas for those following an active lifestyle



A RUNNER'S MIND

CHRISTINE BLANCHETTE

This week's column is dedicated to those exasperated, yet determined shoppers who draw blanks annually from about now until December 24 on what to buy their spouse for Christmas. Then, with eyes like dinner plates, they venture out en masse to the mall, hoping for last minute inspiration. Gentlemen, you know who you are. It's as much tradition for some of you as the actual holidays, where panicked, yet loving procrastinators will once again make their last minute solo journey essentially to join a brotherhood of others with glazed eyes and sweaty palms, each rehearsing lines like, "Honey, I hope you like the slippers which I searched high and low for!" And this is why, dear reader, I am happy to provide - at no extra cost - my recipe for Christmas shopping success. The key is getting out early, which reduces stress and guarantees you'll be the one who buys something that sells out early. Read on for my

holiday Christmas gift ideas, with emphasis given to items that won't break your wallet. Indeed, my preliminary research turned up enough good ideas for two columns, so next week I will share more suggestions on how to beat the crush while thinking outside the box (pun intended).

To get your holiday shopping started, here are my top three picks for this week:

**Safety** - Running outdoors can be dangerous if you are not visible to drivers or seeing clearly what is in front of you. The WhoAMI company has a two in one product - visibility and ID. The LED ID arm band also works on your wrist. It's perfect for runners or anyone following an active lifestyle. You'll feel the love every time she heads out the door. Don't forget to write down your ID information. Being seen will enhance your safety and is the key to running outdoors with less light during the winter.

After a workout in colder temperatures, imagine a warm bath with Dr. Teal's Epsom Salts. It relaxes muscles and mind alike, pretty well simultaneously. It's the carrot in front of you during your long run in the pouring rain and makes a good stocking stuffer.

Give the gift of charity by purchasing socks- Big Brothers Big Sisters Of Canada has partnered with Canadian retailer Bootlegger to launch a limited edition collection of Holiday Slipper Socks. The money raised helps ensure that Canadian youth who are in need of a mentor



receive the support of an adult to help them tackle issues like bullying, and help to give them self-confidence. Currently, over 40,000 children are matched with volunteers in their mentoring programs. Their challenge is to find matches for the thousands of youth on their waiting list.

Retailing for \$10, one dollar of each pair sold directly benefits the charity. This stocking stuffer is the coziest way to say "Merry Christmas." The Plush Slipper Socks come in three festive styles (reindeer, a penguin and an owl) that would make the jolliest addition to any holiday stocking.

After working out, soaking in a hot bath and putting on some cozy socks, give a book to the runner who will relate to some of these good reads: Olympic Collision - the story of Mary Decker and Zola Budd by Kyle Keiderling; Just Call Me Jock - a story on long time Boston Marathon race director, Jock Semple by Tom Murphy. Remember gentlemen, you can't go wrong by adding chocolates to all of the above.

[www.runwithit.ca](http://www.runwithit.ca)

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YouTube channel Run With It

## Montreal based Beterbiev puts power against defence in title bout with Kolling

By Frederic Daigle  
THE CANADIAN PRESS

When Russian boxer Artur Beterbiev moved to Montreal in 2013, his goal was to win a world title as quickly as possible.

Beterbiev will get his chance on Saturday when he faces Enrico Kolling of Germany for the vacant International Boxing Federation light-heavyweight title in Fresno, Calif.

The hard-hitting Beterbiev (11-0) has stopped every opponent he has faced and has never been taken beyond seven rounds. Kolling (23-1) has only six knockouts.

"Kolling is probably the most complete fighter we've faced," Beterbiev's trainer Marc Ramsay said this week. "He's not as much of an attacking threat as (former champion) Tavoris Cloud, but he is very strong defensively."

"He's a guy who had a solid amateur career, where he faced a lot of good boxers. He really has a lot of experience. I'm expecting a good fight."

It was to have been an elimination bout to determine the mandatory challenger for Andre Ward, but when the unified champion retired, his championship titles from the IBF, the World Boxing Association and

the World Boxing Organization were left vacant. After negotiations with the IBF, it was decided Beterbiev and Kolling would fight for the title.

Ramsay said that despite having only 11 pro bouts, his fighter is ready to become champion.

"I'm not a fan of fast-tracking," said Ramsay. "I like to go step by step."

"But when I started working with Artur and saw how he dominated the guys who faced him in training it became clear that you could skip some steps with him. When we faced Cloud (a second-round KO in 2014), it was a bit of a gamble, but Artur was so talented it was a calculated risk. After that it became clear that we didn't need to face any inexperienced opponents. He had to fight 10- or 12-round bouts against guys with international experience and good records."

Ramsay said 32-year-old Beterbiev will need to be patient against 27-year-old Kolling.

"His main strength is defence," he said. "His defence is air-tight, like Arthur Abraham."

"It's hard to get a clean shot in on him. He'll have to wait for openings. And if Kolling ever shows a sign of weakness, you know Artur, he gets into another gear very quickly."

Beterbiev hasn't fought since his first-round

knockout of Isidro Prieto on Dec. 23. Part of his inactivity stems from a dispute with promoter Yvon Michel on whether their contract remains valid. The case has gone to court.

Kolling hasn't fought since his unanimous decision over Ryno Liebenberg in February.

Should Beterbiev win, the court case may delay his first title defence, but Ramsay is not concerned with that just yet.

"We wanted to seize this opportunity and what happens afterward is up to the lawyers and the courts to decide," said Ramsay.



Brome County  
NEWS



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# Datebook

FRIDAY, NOVEMBER 10, 2017

Today is the 314th day of 2017 and the 50th day of autumn.

**TODAY'S HISTORY:** In 1775, the Continental Congress created the U.S. Marine Corps.

In 1954, the USMC War Memorial (Iwo Jima memorial) was dedicated at Arlington National Cemetery.

In 1969, "Sesame Street" premiered on PBS.

In 1977, a human was conceived through in-vitro fertilization for the first time.

In 2001, China was approved for membership in the World Trade Organization.

**TODAY'S BIRTHDAYS:** Martin Luther (1483-1546), leader of the Protestant Reformation; William Hogarth (1697-1764), painter/engraver; Claude Rains (1889-1967), actor; Richard Burton (1925-1984), actor; Ennio Morricone (1928- ), composer; Tim Rice (1944- ), lyricist; Les Miles (1953- ), football coach; Neil Gaiman (1960- ), author; Tracy Morgan (1968- ), actor/comedian; Ellen Pompeo (1969- ), actress; Walton Goggins (1971- ), actor; Brittany Murphy (1977-2009), actress; Miranda Lambert (1983- ), singer; Taron Egerton (1989- ), actor.

**TODAY'S FACT:** In 2016, the U.S.-China trade deficit was \$347 billion, down 5.5 percent from the 2015 deficit of \$367.3 billion.

**TODAY'S SPORTS:** In 1990, the NBA's Phoenix Suns scored a record 107 first-half points in their 173-143 win over the Denver Nuggets, just three days after the Nuggets had set the record with 90 first-half points against the San Antonio Spurs.

**TODAY'S QUOTE:** "The world always seems brighter when you've just made something that wasn't there before." - Neil Gaiman

**TODAY'S NUMBER:** 1 - China's rank in the World Trade Organization's 2016 list of the leading exporters in world merchandise trade, with a 13.2 percent share. The United States was No. 2, with 9.1 percent.

**TODAY'S MOON:** Last quarter moon (Nov. 10).

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## NOTICE

In The Record of October 13, a death notice for Mrs. Anna May Kinney was published. However, the person making the request was not mandated by the estate, in addition, going against the last wishes of the late Mrs. Kinney. Moreover, contrary to what is stated in the obituary, Mr. John Mackley was no longer married to the deceased, but divorced since 1989. Lastly, the notice suggested that Mrs. Kinney was suffering from a mental disorder. This last information pertains to the private life of the late Mrs. Kinney and that it may tarnish her memory. Regarding the commemorative ceremony, none will be held in respect of Mrs. Kinney's wishes.

Richard M. Roy,  
 Liquidator  
 of Anna May Kinney's estate

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## Card of Thanks

**THORNELOE** - I wish to thank my family and friends for making my 99th birthday a very happy one. Thank you for the flowers, cards, gifts, dinner and supper with two birthday cakes. A day to long remember.

VIOLET THORNELOE

## Card of Thanks

**WARD** - The family of the late Bruce Ward would like to thank everyone for the cards, phone calls and other acts of kindness shown at the time of his death. It is greatly appreciated.

THE WARDS

## Card of Thanks

**WHITE, Delmar J. (Del)** - Passed away October 14, 2017. The family of the late Delmar White wish to extend our sincere thanks for your many acts of kindness, condolences, sympathy cards, donations, and support that we received during our time of grief. We also send our gratitude and appreciation to Reverend Barbara Wintle, Branch #5 Royal Canadian Legion, and the Wales Senior Care Residence.

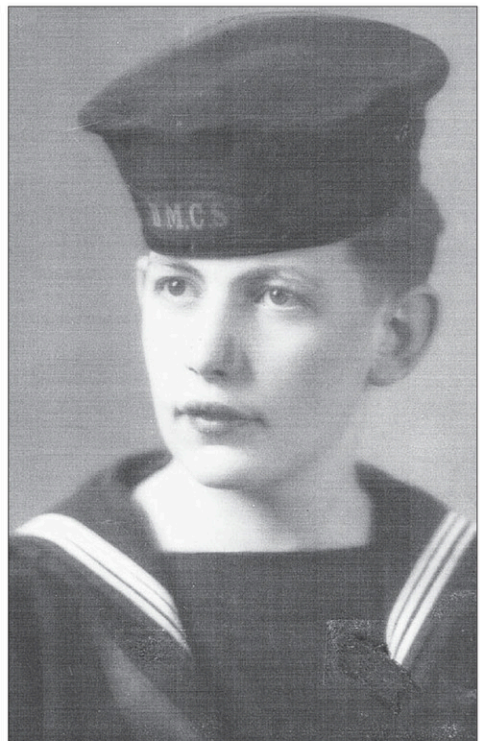
THE WHITE FAMILY

## In Memoriam

**LISTER** - In memory of Edna Young Lister who passed away November 11, 2008 and Clarence Lister who passed away April 6, 1990.

Always remembered by  
 VIOLET

## In Memoriam



**WELLS, James:** 1925 - 1945.  
*After what I owe to God,  
 Nothing should be more dear  
 Or more sacred than the love  
 I owe to my brother,  
 Who is now resting in a foreign land.  
 We will remember them.*

DONALD M.C. WELLS  
 Cowansville

## The Tyger

*Tyger! Tyger! burning bright  
 In the forests of the night,  
 What immortal hand or eye  
 Could frame thy fearful symmetry?*

*In what distant deeps or skies  
 Burnt the fire of thine eyes?  
 On what wings dare he aspire?  
 What the hand, dare sieze the fire?*

*And what shoulder, & what art,  
 Could twist the sinews of thy heart?  
 And when thy heart began to beat,  
 What dread hand? & what dread feet?*

*What the hammer? what the chain?  
 In what furnace was thy brain?  
 What the anvil? what dread grasp  
 Dare its deadly terrors clasp?*

*When the stars threw down their spears,  
 And water'd heaven with their tears,  
 Did he smile his work to see?  
 Did he who made the Lamb make thee?*

*Tyger! Tyger! burning bright  
 In the forests of the night,  
 What immortal hand or eye  
 Dare frame thy fearful symmetry?*

By William Blake, 1757 - 1827

## The Lamb

*Little lamb, who made thee?  
 Dost thou know who made thee,  
 Gave thee life, and bid thee feed  
 By the stream and o'er the mead;  
 Gave thee clothing of delight,  
 Softest clothing, woolly, bright;  
 Gave thee such a tender voice,  
 Making all the vales rejoice?*

*Little lamb, who made thee?  
 Dost thou know who made thee?*

*Little lamb, I'll tell thee;  
 Little lamb, I'll tell thee:*

*He is called by thy name,  
 For He calls Himself a Lamb.  
 He is meek, and He is mild,  
 He became a little child.  
 I a child, and thou a lamb,  
 We are called by His name.*

*Little lamb, God bless thee!  
 Little lamb, God bless thee!*

By William Blake, 1757 - 1827



## In Flanders Fields

*In Flanders fields the poppies blow  
 Between the crosses, row on row,  
 That mark our place, and in the sky,  
 The larks, still bravely singing, fly,  
 Scarce heard amid the guns below.*

*We are the dead; short days ago  
 We lived, felt dawn, saw sunset glow,  
 Loved and were loved, and now we lie  
 In Flanders fields.*

*Take up our quarrel with the foe!  
 To you from failing hands we throw  
 The torch; be yours to hold it high!  
 If ye break faith with us who die  
 We shall not sleep, though poppies grow  
 In Flanders fields.*

By John McCrae, 1872 - 1918

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
 Discounts: 2 insertions or more: 15% off  
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
 Text only: \$16.00 (includes taxes)  
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
 For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
 For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Church Services

## Anglican

### GEORGEVILLE

Sunday, November 12, St. George's Anglican Church, Georgeville invites you to worship Holy Communion at 8:30 (BCP) and at 10:00 (BAS) with the Ven. Dean E. Ross officiating.

### LENOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

### NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

### SHERBROOKE

Sunday, November 12 at 11:00 a.m. the Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you to a service of Morning Prayer with a lay reader presiding.

## Presbyterian

### LENOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### LENOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Jamie Crooks on Sunday, November 12 at 10:00. Children are always welcome. 819-565-8449; website-lennoxvilleunitedchurch.com

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, phone: 819-346-6373, and the church's website is: www.plymouthtrinitychurch.org. Sunday, November 12 is Remembrance Sunday. Worship service in English at 10:30 a.m. with a traditional act of remembrance. We also have a worship service in French at 9 a.m. Welcome to all! Notre service en français se tient à 9 h. Bienvenue à tout le monde! The Rev. Samuel V. Dansokho, minister.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, November 12, 11 a.m. Service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

# How to safely increase levels of protein in your diet



## ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctor:** I recently read about a woman who died from a protein overdose. Is it really possible to have too much protein? How much are we supposed to be eating?

**Dear Reader:** We remember the news story you're referring to as it caused quite a stir. A bodybuilder from Australia, who had put herself on a high-protein diet in order to prepare for a competition, was found unconscious in her home. She passed away two days later.

Although the cause of death was listed as "intake of bodybuilding supple-

ments," the story is actually more complicated. An autopsy revealed that the woman had a rare genetic condition that made it impossible for her body to efficiently digest protein. Known as urea cycle disorder, it's a deficiency in one of the enzymes in the liver that scrubs the blood of nitrogen, a waste product of protein metabolism.

When the urea cycle is functioning properly, nitrogen is removed from the blood, converted to urea, and transferred to the urine for elimination. But in individuals with urea cycle disorder, the nitrogen accumulates in the tissues in the form of ammonia, which is extremely toxic. Ammonia is carried through the blood to the brain, where irreparable damage can occur.

Though there is no cure at this time, the condition can be managed through diet and various medications and supplements. In the case of the bodybuilder, her disorder was undiagnosed. It had been mild enough that, when she ate normally, she didn't have any serious problems. However, when she upped her protein intake to prepare for the competition, she inadvertently pushed her body beyond the limits of what it could manage. As a result, the ammonia in her blood reached fatal levels.

When it comes to recommendations on how much protein we should eat, there is a bit of debate. According to the Recommended Dietary Allowance (RDA)

in the United States, it's 0.8 gram of protein for every kilogram of weight. And for us in the non-metric U.S., that's 0.36 grams of protein per pound of weight. Age and activity level play a part as well. The U.S. Department of Agriculture has a nifty online calculator online at: [www.nal.usda.gov/fnic/interactiveDRI/](http://www.nal.usda.gov/fnic/interactiveDRI/).

Most of us who eat a balanced diet will have no problem meeting the RDA for protein. For very active individuals, elite athletes, or those working to lose weight or build muscle, more protein may be advisable. On the other side of the spectrum, people living with kidney disease must take care not to eat too much protein. A high-protein diet can impair kidney function due to the increase in waste products from protein metabolism.

Some nutrition researchers believe the RDA for protein should be increased to slightly more than the current recommendations. Until that debate gets resolved, the RDA is our best guide. For anyone who wants to increase his or her protein intake, we recommend consulting with a nutritionist or sports medicine specialist for information and guidance.

*Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health.*

# SUDOKU

DIFFICULTY RATING: ★★★★★

						4		
		8		2	4	7	6	
		7	5	9		8		
9				5				4
	4			1			8	
7				6				1
		5		4	6	9		
	1	4	2	8		3		
		2						

11/10

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## PREVIOUS SOLUTION

7	8	9	2	1	5	3	6	4
4	3	5	7	8	6	1	2	9
1	2	6	3	4	9	7	8	5
2	9	1	5	3	4	8	7	6
5	4	7	1	6	8	9	3	2
8	6	3	9	2	7	5	4	1
6	1	2	8	5	3	4	9	7
9	5	8	4	7	2	6	1	3
3	7	4	6	9	1	2	5	8

**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

6	4	1	5	3	7	2	6	8
7	5	3	6	8	2	4	1	9
8	2	6	9	4	1	5	7	3
1	9	5	2	6	3	4	8	7
3	8	2	1	8	5	3	6	7
4	6	7	5	9	1	8	3	2
1	5	8	3	2	4	7	6	9
2	3	9	6	7	8	4	1	5

## PREVIOUS SOLUTION

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11/11

		9		1		6	8	
		2			4			
				6	9		2	1
	7			5		9		
				1	7	2		
		8		3			7	
	6	5		4	1			
				7				9
	9	7		6		8		

DIFFICULTY RATING: ★★★★★

# SUDOKU

**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

# All but biological

FRIDAY, NOVEMBER 10, 2017

## Dear Annie

**Dear Annie:** I recently discovered that the man I called Dad all my life was not my biological father, after he passed away last year. "Jack" always treated me the same as his other children, with kindness and love. I will always think of him as my father and have no desire to know who my biological father is.

He loved my children, and they were extremely lucky to have him in their lives. I am not sure whether I should tell them the truth, because he was such a wonderful part of their lives.

Seeing as he kept the truth from me, I don't think he wanted anyone to know. — Grateful for Him

**Dear Grateful for Him:** You're probably right that he didn't want anyone to know, but he sounds like such a supportive parent that I'm sure he would want you to make whatever decision is right for your family. So if you end up telling your children, don't feel guilty. At the end of the day, the fact remains that Jack was their real grandpa in every way that counts.

**Dear Annie:** I am a very private person, but I have a family member who asks too many questions (of every one) all the time — silly questions, personal questions, medical questions, etc.

I have spoken to her privately about this — telling her that I am not comfortable with the constant questions — multiple times. However, she will not stop. She says it doesn't bother her. I have tried to change the subject when she gets into a line of questioning; she brings it back.

It has gotten so that I try to avoid being around her. However, this is impossible at times.

How do I stop the invasion? — DC

**Dear DC:** You've told her that this behavior makes you uncomfortable, and she responded by saying it "doesn't bother" her? Either this woman is hard of hearing or she has a mental illness that causes compulsive talking. You might want to talk to some other relatives regarding the latter concern.

And the next time she starts the game of 2,100 questions, be extremely direct. Just say: "Stop." If she won't, excuse yourself and walk away. It's nice when relatives take an interest in our lives, but an interrogation is no conversation.

**Dear Annie:** "Stressed Out in Middle America" wrote to you about her friend "Jenna," a hoarder. You told "Stressed Out" to encourage Jenna to see a mental health specialist. Well, I know from experience that

trying to tell a hoarder to see a counselor does no good. My son and his wife are hoarders. They refuse to even believe that anything is wrong with them. It is everyone else who has a problem, not them; they are just fine. They have not cleaned certain rooms in 20 years. They just keep piling up stuff and collecting more. We used to go clean the home every six months. However, we are elderly now and are unable to do it. It did no good anyway. As soon as we would clean, it would pile up in a week all over again. It is so very sad that their children have to live like that. I wish we could have gotten custody of our grandchildren when they were born, as their mother does not even care for them (she only cares about herself and her junk), but our son does care for them. The whole situation is very sad. — Hard to Watch

**Dear Hard to Watch:** Seeing as your son does care for the children, you could tell him that you think the situation is so serious that if he doesn't seek counseling, you will have no choice but to call the authorities. The children could be in danger. Contact their local government to see what agencies, such as Child Protective Services or Adult Protective Services, could intervene.

Send your questions for Annie Lane to: [dearannie@creators.com](mailto:dearannie@creators.com).

## Coaticook area Senior Citizen's Club

On October 17, as we have been doing since September, members started arriving for 11:30 a.m. and the meal was served at noon.

Our new President, Penny Fowler, said a few words of welcome and gave us news on two members, Robert Shepherd is in the hospital and Mrs. Woodman wasn't well. She asked that we think of them in our prayers. She also read the text 'A smile', a few stories and the text 'Most precious gift you can give is "time"'. She also thanked Ellen Bailey for doing the cake this month.

Suzanne announced that the Kiosque at the Ferme Groleau on Cochrane road in Compton is opened and

has various homemade products including pickles and jellies.

The meeting wasn't very long this month. We sang Happy birthday to Barbara Paxton.

The winners of the various drawings were : Participation - Shirley Desruisseaux and Barbara Paxton. Door prizes - Delma Fowler, Susan Beaton, Janet Shepherd, Leane Mayhew, Kathy Bellows, Barbara Paxton, Barbara Bellows, Lance Paxton, Lydia May, Arnold MacKeage and Jim Bailey.

Lydia May gave the name of Kathleen Weil, appointed as representative of the English population in the Québec government. For information, call the

Townshippers at 819-566-5717.

A few people participated in playing the 'baseball game'.

Our next meeting will be November 21 at the Elie Carrier Center. Arrival 11:30 a.m., the meal will be served at noon - soup, meatloaf and dessert - the meeting will follow after the meal. As usual you will receive a call from Barbara or Lydia.

Submitted by  
Penny Fowler, President  
Suzanne Martin, Secretary

## 5 tips for perfect food and wine pairings

(NC) Whether you're a budding wine connoisseur or simply want to make great selections for your next dinner party, here are some tips for food and wine pairings everyone will love.

**1. Emphasize flavours.** Identify the most expressive components of a dish and then select a wine that accentuates them. For example, a holiday bird like turkey or duck served with cranberries pairs very well with the classic fruity notes of a Côtes du Rhône or a Vacqueyras bottle.

**2. Look for balance.** Think of the wine and food as equal partners that should both have similar, complementary weights. Pair intense foods with intense wines, rich foods with rich wines, light foods with light wines and so on.

**3. Consider the region.** Vineyard location makes a vital difference to the tastes and aromas of wine. Opt for a place with a strong history of producing superior wines, like the vineyards of the Rhône Valley, which are located in a cor-

ridor between the Mediterranean Sea and Northern Europe and have been producing wines for over 2000 years. Benefiting from excellent soil diversity, rich and vibrant land, and a variety of appellations, the region is known for its world-class pleasure wines, available in red, white and rosé.

**4. Cheat with colour.** A great trick that's helpful if you're short on time or not sure where to start is to match the colours in your food and wine. Try a light, bright white with hints of green with a garden salad and a dark red with a hearty stew.

**5. Trust your instincts.** These guidelines are a helpful start, but remember preferences are unique and individual, so cater to yours. Pairing food and wines is an art that's informed by what you like to drink and eat, and choosing your favourites is what matters most. If you love pairing a white Saint Joseph or Crozes-Hermitage with your steak rather than the red that tradition dictates for beef, go for it and enjoy.



Send your social notes to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

**CELEBRITY CIPHER**

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ K O X M O N G F K F G L R S V T K P H K M O G O  
 X K V V X S P L V Y S O F N V L F L . K V T K P W  
 V T O V ' G T L M N L Z H Y L M . ” — R O Y K G G O  
 R O N S Y

Previous Solution: “It doesn't rain at all in California. Once a month, a man drives through spraying Evian.” — Hugh Laurie

TODAY'S CLUE: n s j e n b e z

**CELEBRITY CIPHER**

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

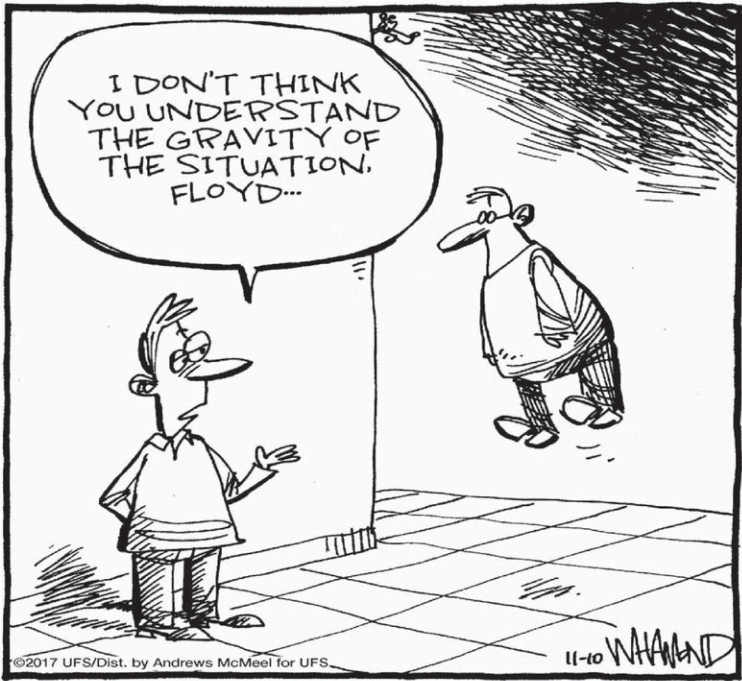
“ N X P C H R H P M W E M F F H Z R H A R D H  
 P H E Z N W E L Y L U L R O R N A H J H W A  
 M K H P L F M M W A X Z D N U A N X P C M U X H E  
 V D H W A X R O F M U U H A . ” — Y L U U  
 E D X E R H P

TODAY'S CLUE: K equals M

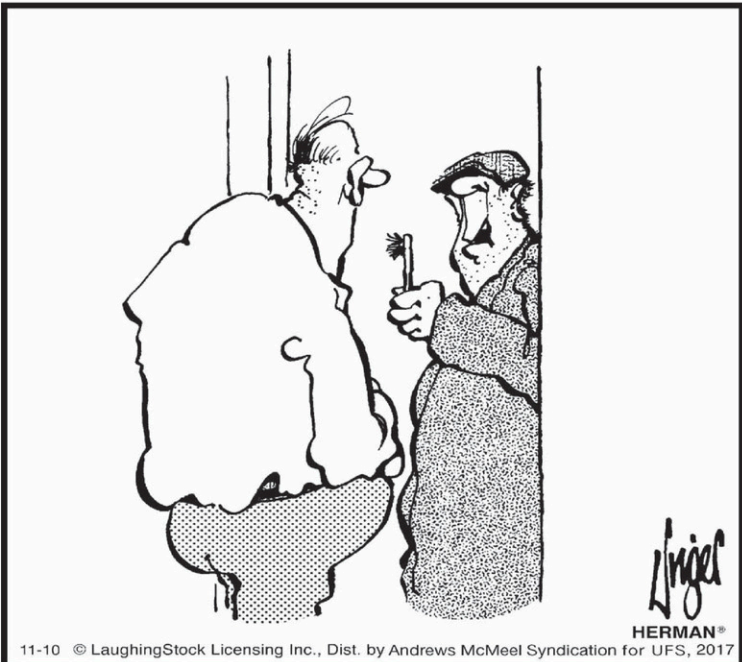
— that's how you grow. — Marissa Mayer

Previous Solution: “I always did something I was a little not ready to do. I think

**REALITY CHECK**



**HERMAN**

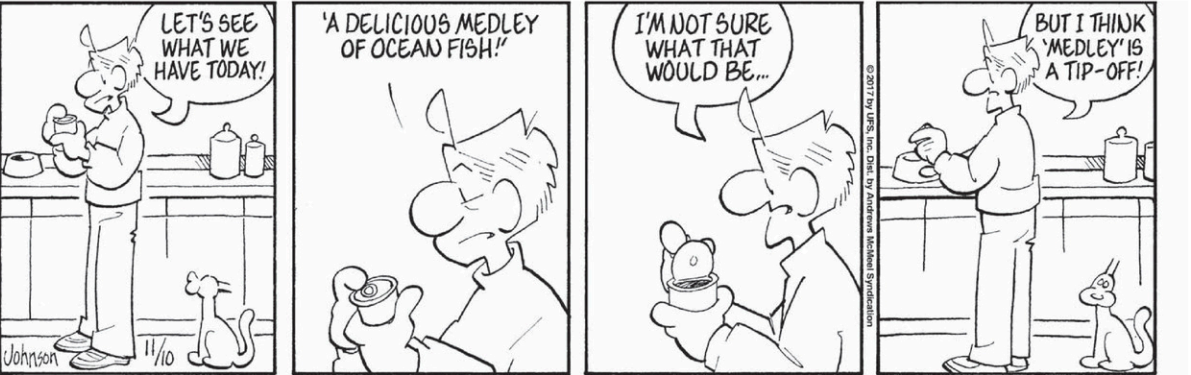


“Wanna buy a toothbrush?”

**ALLEY OOP**



**ARLO & JANIS**



**THE BORN LOSER**



**FRANK AND ERNEST**



**GRIZWELLS**



**SOUP TO NUTS**



**Diabetes The New EPIDEMIC**



CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.  
E-MAIL: classad@sherbrookerecord.com  
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

# CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

**001** Property for Sale



**035** For Rent

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

**145** Miscellaneous Services

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

**035** For Rent

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**150** Computers



**LARGE 4 1/2 in Sherbrooke's old North**, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

**100** Job Opportunities

**190** Cars For Sale

2004 CHRYSLER PT CRUISER Limited Edition, silver, 64,500 km., excellent condition, 4 winter tires on rims, one owner. Asking \$3,400., negotiable. Call 819-822-8846.

**100** Job Opportunities

**NOTICE OF INVENTORY CLOSURE**

**THE ESTATE OF THE LATE ROBERTA RIDLEY**

Conforming to the provisions of article 795 of the Quebec Civil Code, notice is hereby given by these present of the following event:

Roberta RIDLEY, residing in her lifetime at 506 Route 243 in the Township of Cleveland, province of Quebec, JOB 2H0, who passed away on May 12, 2017.

An inventory of her possessions was done before the undersigned notary and can be consulted at his office at 92 Principale St. North in Richmond.

Mtre Denis Tanguay, Notary Solicitor for the Liquidator

**Want your ad to stand out?**  
For **.50** a word - **bold** it.



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

**275** Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

**290** Articles For Sale



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

**294** Events

**CLASSIFIEDS ONLINE!**  
www.sherbrookerecord.com

**330** Pets



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

Do you specialize in a service such as child care, accounting, notary, doctor or nurse? Why not let the public know where they can reach you by advertising in The Record classified section!



**(819) 569-9525**  
**(450) 242-1188**

**Ville de Sherbrooke**

**Élection municipale 2017**

**PUBLIC NOTICE of Election Results**

**Ville de Sherbrooke**

**Polling date November 5, 2017**

**PUBLIC NOTICE** is hereby given by Me Line Chabot, Returning Officer, that, after having examined the complete results of the election, the following persons were declared elected to the positions mentioned below:

**FOR THE POSITION OF MAYOR:** Steve LUSSIER

**TO THE OFFICES OF COUNCILLORS IN THE FOLLOWING DISTRICTS:**

<b>District 1.1 de Deauville</b>	Pierre TREMBLAY
<b>District 1.2 de Rock Forest</b>	Annie GODBOUT
<b>District 1.3 de Saint-Élie</b>	Julien LACHANCE
<b>District 1.4 de Brompton</b>	Nicole BERGERON
<b>District 2.1 de l'Hôtel-Dieu</b>	Rémi DEMERS
<b>District 2.2 de Desranleau</b>	Danielle BERTHOLD
	Équipe Bernard Sévigny – Renouveau sherbrookois
	Vincent BOUTIN
	Équipe Bernard Sévigny – Renouveau sherbrookois
	Pierre AVARD
<b>District 2.3 des Quatre-Saisons</b>	Claude CHARRON
	Jennifer GARFAT
<b>District 2.4 du Pin-Solitaire</b>	Bertrand COLLINS
<b>District 3.0 de Lennoxville</b>	Paul GINGUES
<b>District 3.1 d'Uplands – borough councillor</b>	Karine GODBOUT
<b>District 3.2 de Fairview – borough councillor</b>	Chantal L'ESPÉRANCE
<b>District 4.1 de l'Université</b>	Marc DENAULT
<b>District 4.2 d'Ascot</b>	Évelyne BEAUDIN
<b>District 4.3 du Lac-des-Nations</b>	Sherbrooke citoyen
<b>District 4.4 du Golf</b>	
<b>District 4.5 du Carrefour</b>	

GIVEN IN SHERBROOKE, on this 10th day of November 2017.

Me Line Chabot, Returning Officer

## Your Birthday

FRIDAY, NOVEMBER 10, 2017

You'll be given choices this year. Consider what you want and where your skills lie and do your best to head in that direction. A change at work will turn out to be beneficial. Self- and home-improvement projects will lift your spirits. Stay within budget.

**SCORPIO** (Oct. 24-Nov. 22) – Stay on top of your spending habits. It will be easy to miscalculate the cost of a project or purchase. Look for hidden costs as well as bargains before you engage in expensive projects.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Maneuver your way through sensitive situations using wit and charm. Being supportive and a good listener will help you avoid criticism, blame or accusations of meddling.

**CAPRICORN** (Dec. 22-Jan. 19) – A joint venture should be looked at closely before you decide to get involved. What you are told may not be factual and should be assessed accordingly. When in doubt, say no.

**AQUARIUS** (Jan. 20-Feb. 19) – Partnerships will suffer if you let your emotions take control. Try to remain patient and look for answers and solutions. Offer intelligence and wisdom instead of distress and anger.

**PISCES** (Feb. 20-March 20) – Consider what you can do to complement your vocational qualifications. Upgrading your resume will put you in a good position to negotiate a contract, raise or privileged position.

**ARIES** (March 21-April 19) – Learning

and communicating are highlighted. Use your experience to help deal with uncertainty or problems that crop up with important partnerships. Don't act in haste.

**TAURUS** (April 20-May 20) – Partnership difficulties will surface if you or someone else has neglected to take care of responsibilities. Broach the subject openly to avoid future problems. Avoid excess and indulgence.

**GEMINI** (May 21-June 20) – Keep your personal and professional lives separate. An emotional matter should be dealt with responsibly. Don't give someone the wrong impression or make assumptions without getting the facts first.

**CANCER** (June 21-July 22) – Attend an event that will educate you about an issue that concerns you. Find out what you can do to make a difference and help bring about important change.

**LEO** (July 23-Aug. 22) – You'll have an emotional confrontation if you don't pay enough attention to how you treat others. Listen to what people say, and respond with honesty, integrity and the willingness to make things better.

**VIRGO** (Aug. 23-Sept. 22) – Don't get involved in other people's dilemmas or take on a bureaucratic problem alone. Get the information and help you need to take care of matters that can affect your reputation or status.

**LIBRA** (Sept. 23-Oct. 23) – Do something that will make you feel proud and good about who you are and what you have accomplished. Helping others may be thankless at times, but it's also gratifying.

Saturday & Sunday horoscopes on pages 23 & 24

**THE RECORD**

is looking for **replacement carriers** in the **Lennoxville area**.

You would need to be on stand-by, ready to fill in if one of our regular carriers needs to be replaced at the last minute (i.e. illness or other) or if a route opens up.

If you're interested in being on our list, please call

**THE RECORD**

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**billing@sherbrookerecord.com**

# Your Birthday

SATURDAY, NOVEMBER 11, 2017

Do whatever it takes to maintain momentum. Much can be accomplished if you keep a steady pace and don't venture too far off the beaten path. Knowing what you want and using your creative imagination to fulfill your dreams within your means should be your goal.

**SCORPIO** (Oct. 24-Nov. 22) — A fast pace can lead to mistakes. Double-check everything and leave no room for error. Trust firsthand information and get promises in writing. Don't complicate matters.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Make personal changes that will leave you feeling better about yourself. Travel and communication will be informative. Experience what life has to offer. A retreat will enhance your awareness.

**CAPRICORN** (Dec. 22-Jan. 19) — You can stabilize your current work or financial situation if you make changes to your professional approach. Negotiate on your own behalf.

**AQUARIUS** (Jan. 20-Feb. 19) — A problem with a joint endeavor can cause financial stress. Resolve issues without taking on an added expense. Have a plan in mind that will lower overhead while maintaining the relationship.

**PISCES** (Feb. 20-March 20) — Emotions will interfere with reason when discussing important matters and dealing with peers. It's important to take a moment to listen to what's being said before you respond.

**ARIES** (March 21-April 19) — Take care of legal, financial and health issues. Look over personal papers and tidy up loose ends. Make plans that offer others incentive to work hard and do well.

**TAURUS** (April 20-May 20) — Look for bargains and practical purchases that will make your life easier. Time spent with someone you love will encourage moving forward with long-term plans.

**GEMINI** (May 21-June 20) — Emotional manipulation will not end the way you anticipate. You are best off sticking to the truth and making your feelings and intentions clear when dealing with friends or loved ones.

**CANCER** (June 21-July 22) — You'll have unusual ideas that can make a difference to how or where you live. Don't let emotions come between you and your success. Honesty will help you make the right choice.

**LEO** (July 23-Aug. 22) — Someone will take what you say the wrong way. You are likely to make an unrealistic promise if you don't avoid being overly generous while under the influence of stimulants.

**VIRGO** (Aug. 23-Sept. 22) — A change at home will turn out better than anticipated if you are disciplined and work hard to resolve family matters without hesitation. Don't let anyone take credit for your work.

**LIBRA** (Sept. 23-Oct. 23) — A positive turn of events will be encouraging. Plan something special with someone you love to enhance your relationship. Don't let the past stand in your way.

FRIDAY, NOVEMBER 10, 2017

# Sometimes care will be needed

By Phillip Alder

Mark Twain said, "The right word may be effective, but no word was ever as effective as a rightly timed pause."

For a bridge player, an effective pause at the key moment will increase the probability that the right card will be played.

In today's deal, how does the play go in four spades after West leads the diamond eight?

In the auction, North's two-heart rebid was a reverse. This indicated extra values, usually 17-20 high-card points, and clubs that were longer than hearts. South jumped to four spades to show a long, strong suit and limited point-count. North, with all of those diamond losers, passed. (Yes, South might have bid four spades on round one. Discuss with your partner the difference between South's sequence here and that immediate jump to four spades.)

When the deal was originally played, East won the first trick with his diamond queen, cashed the diamond ace and continued with the diamond king, which South ruffed with the spade queen.

With no noticeable pause for thought, West overruffed with his spade king and shifted to a club. However, declarer won with dummy's ace, drew trumps and claimed.

North 11-10-17			
♠ 9			
♥ A K Q J			
♦ J 10 9			
♣ A K 10 8 5			
West			East
♠ K 8 5			♠ 10
♥ 7 5 4 3			♥ 10 9 2
♦ 8 2			♦ A K Q 7 4 3
♣ 9 6 4 3			♣ Q J 7
South			
♠ A Q J 7 6 4 3 2			
♥ 8 6			
♦ 6 5			
♣ 2			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
		1♣	1♦
1♠	Pass	2♥	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ 8			

West should have considered his options at trick three. There is a reliable guideline that unless you have a vital shift to make, do not overruff with a card that will always win a trick, especially when you have a lower trump that might have been promoted.

Here, West knew that East could not have a side-suit void. West should have discarded a club or a heart at trick three. Then he would have taken two trump tricks.

# CROSSWORD

**Across**

- 1 Bills, say
- 5 Alfredo may be associated with it
- 10 Ways of viewing the world
- 14 First name in folk
- 15 Yale of Yale fame
- 16 "Fillet of a fenny snake / In the cauldron \_\_ and bake": "Macbeth"
- 17 Cosmetologist's choices at happy hour?
- 19 Local govt. bond
- 20 Inspired
- 21 RR stop
- 23 Janitor's tool, briefly
- 24 Marx collaborator
- 26 Collapse, with "over"
- 27 Previous to, poetically
- 28 Nursery supply
- 29 Cosmetologist's preferred vacation

venue?

- 32 "Art is \_\_ that makes us realize truth": Picasso
- 33 Knots and yards
- 34 Cosmetologist's expression for hastily exiting?
- 38 "Just like me"
- 40 Shrek, e.g.
- 41 Cosmetologist's favorite capital?
- 44 Take shots of
- 48 Mark on the Oregon Trail
- 49 Like crab apples
- 50 Leonine savior's domain
- 52 Enzyme suffix
- 53 Romantic ideal, with "the"
- 54 Dieter's breakfast
- 55 "\_\_ Trigger": Bugs Bunny cartoon
- 57 Cosmetologist's wall covering?
- 61 Like much cheese

25 Food fish

- 26 "Private property" sign warning
- 30 Mike Pompeo's org.
- 31 Having four sharps
- 32 A lot like
- 34 Like neglected clothing
- 35 Latin lover's word
- 36 Steven of "The Walking Dead"
- 37 Small songbird
- 38 Biblical patriarch
- 39 Breakfast side

42 National park figure

- 43 Threatening phrase
- 44 Weird
- 45 How theme park visitors often stand
- 46 Longtime maker of O gauge track
- 47 Place for trophies
- 51 Rock concert sight
- 56 Newspaper VIPs
- 58 Buckeyes' sch.
- 59 Sucker
- 60 Part of CBS: Abbr.

A	N	T	Z		T	H	R	O		S	T	A	B				
B	A	R	E		R	E	A	C	T		K	I	L	O			
A	C	A	D		A	L	I	A	R		I	V	E	S			
T	H	I	S		I	S	I	T		O	P	P	O	S	E		
E	O	N			S	H	O	T		P	U	T	S				
					C	O	L	D	S		A	G	S		T	S	P
A	S	H	L	E	E			N	T	H		O	R	E	O		
S	P	E	D			C	A	C	H	E		D	U	E	S		
T	I	C	S			I	B	O		S	K	I	M	P	Y		
I	N	K			O	S	U			S	T	E	E	P			
						W	H	I	T	E	L	I	E		R	O	T
D	Y	N	A	M	O			L	A	M	P	P	O	S	T		
R	O	A	R			N	O	R	M	A		T	A	C	O		
A	K	I	N			S	C	O	O	T		A	S	A	P		
M	E	L	S			S	Y	N	E		S	T	R	S			

**Down**

- 1 Brooklyn Bridge array
- 2 Garfield's girlfriend
- 3 Oozy stuff
- 4 Threw a party
- 5 Place to pray
- 6 Memorable fighter
- 7 Pride, for example
- 8 Annabel Lee's kingdom was by it
- 9 Writer who created the Dashwood sisters
- 10 Watson's home
- 11 Snow globe, perhaps
- 12 Muezzin's tower
- 13 Deli equipment
- 18 Dec. 25 or Jan. 1
- 22 Intimate, with "to"

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
20									21		22		23		
24						25		26					27		
28						29	30					31			
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41						42	43					44	45	46	47
48					49					50	51				
52					53						54				
55				56		57		58	59	60					
61						62						63			
64						65							66		

# Your Birthday

SUNDAY, NOVEMBER 12, 2017

Take a close look at what you want out of life. An opportunity must not be ignored. Where there is a will, there is a way. It's up to you to make your dreams come true. If you want something, say so. Refuse to let anyone manipulate you emotionally.

**SCORPIO** (Oct. 24-Nov. 22) — Someone will mislead you emotionally. Indulgence will be your downfall. It's OK to have fun, but do so with discretion. Do your best to protect your reputation.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Do a little soul-searching to gain a better understanding of the people around you. Being honest about what you do and don't like is a good place to begin.

**CAPRICORN** (Dec. 22-Jan. 19) — An unexpected gain or gift will surprise you. Don't be afraid to do things differently. You'll be praised for your insight and ability to excel. Celebrate with someone you love.

**AQUARIUS** (Jan. 20-Feb. 19) — A day trip to visit relatives or people you look to for comfort or solutions will be enlightening. You may not like everything you hear, but it will help you move forward.

**PISCES** (Feb. 20-March 20) — Emotional self-deception and disillusionment will set in if you don't have all the information required to make a wise choice. Put your decision on hold and focus on personal growth instead.

**ARIES** (March 21-April 19) — Joint

finances, contracts and settlements need to be looked over carefully. Uncertainty dealing with an institution, government agency or corporation will be based on false claims. Do your research.

**TAURUS** (April 20-May 20) — It's best to openly show how you feel when dealing with relationships. Talks will end in emotional discord, but affectionate action will help smooth things over.

**GEMINI** (May 21-June 20) — Be perfectly clear about what you are and are not willing to do. Emotional matters will cause confusion and disrupt your plans. Get along with others and be honest.

**CANCER** (June 21-July 22) — Host an event at your home or do something special for someone you love. Socializing with people from different backgrounds or attending a reunion and reconnecting with old friends is favored.

**LEO** (July 23-Aug. 22) — Put restrictions on spending, eating and drinking if you want to avoid emotional confrontations with someone all too willing to make complaints and criticisms.

**VIRGO** (Aug. 23-Sept. 22) — Honesty will be necessary if you hope to resolve an issue with someone you live with or are close to. Be willing to stand by your feelings.

**LIBRA** (Sept. 23-Oct. 23) — Reconnecting with people from your past will affect the way you feel about your current direction. Take pride in what you've achieved and don't lose sight of your dreams.



## Caregivers National Week - November 10

Caregivers National Week gives a way to reach out and to contribute to an environment that fosters the well-being of our seniors.



## CAREGIVERS: A MULTITUDE OF JOURNEYS

According to the Institut de la statistique du Québec, there were over one million caregivers in Quebec in 2012. And 1.13 million caregivers mean 1.13 million different journeys. Some caregivers provide support to their loved one for one or two hours a week while others spend more than 20 hours a week doing so. Some have to balance their professional and family responsibilities with their role as a caregiver, or travel because they do not live with the person receiving care. Some do this out of love, others out of obligation.

### A unique journey

The role of being a caregiver is a journey in constant flux depending on the intensity of the caregiver's commitment and the relationship with the person receiving care. Just as every person is different, every journey is unique and can vary based on several factors, such as age, socioeconomic conditions, health status, past relationship with the person receiving care, etc.

*"I often hear family caregivers say: 'yes, but I like doing that, I like giving!' Even if we like it, we still have to recharge our batteries. It is like someone saying: 'I like driving around in the car.' Even if you like it, you still have to stop and refuel in order to keep going."*

Karene Laroque, psychologist

### Changing needs

Although the journeys differ from one person to the next, the needs expressed by the caregiver and the person receiving care still follow a similar trajectory. For example, the primary needs of caregivers change as a senior's cognitive disease progresses. Common caregiver's needs during initial, intermediate or advanced stage of the cognitive disease change but think of yourself, stretch, breathe... and for further information check [www.lappui.org](http://www.lappui.org) website (source) or call toll free 1 855 852-7784.

Ask for the "Guide for People Who Care for a Loved One" at Austin's Townhall, prepared by TCA Memphrémagog (Table de concertation pour les aînés), an invaluable tool on resources. The closest Volunteer organization CAB, "Centre d'Action Bénévole" offers a number of different types of services to Seniors and Caregivers alike. CAB is also equipped with volunteers, residents of Austin, who are willing to help. For more information, please contact CAB at 819-843-8138 # 205.

In the course of implementing Austin's Family and Seniors Policy, the Executive Committee has met with organisations working in the fields of health, security and community support.

L'Appui is an organisation whose mission is to help improve the quality of life of caregivers to the elderly, and all partners agree: it is crucial to reach, educate and inform the caregiver as soon as possible in his path.



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Caregiver Support is a free and confidential phone consultation, information and referral service for the caregivers of older adults, as well as friends and family, practitioners and health care professionals.

By volunteering, you can HELP staff from the health sector to provide a better service to English-speakers!

### November 2017 to March 2018

Literacy in Action is partnering with the CIUSSS de l'Estrie - CHUS.

We will pair volunteer tutors with personnel from various health care sectors to complement an online ESL (English Second Language) course offered by McGill University.

LIA Volunteers will get together with learners from the medical community to help them practice English through conversation (by phone or in person).

We will also host interactive group activities from time to time.



### Volunteering for Project HELP means....

- You give 1 to 2 hours of your time weekly. This time will be spent mostly in phone or face-to-face conversations with learners.
- You help support the growing bilingualism within the integrated Centre for Health and Social Services of Estrie (CIUSSS de l'Estrie-CHUS) and help dedicated individuals (nurses, social workers, etc.) to better serve the English population of our region.
- You receive free tutor training, which will help you discover creative ways to share and develop your skills, and to assist second language learners.
- You gain experience and satisfaction from teaching and learning with others.

For more information, call or email Maggie George at  
Literacy in Action / Action Alpha  
819.346.7009  
[maggie.george@lia-estrie.org](mailto:maggie.george@lia-estrie.org)

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