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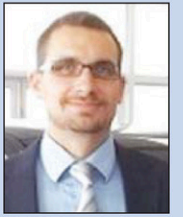
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## Northern Pass gets crucial US approval

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## The danger of becoming desensitized

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# WEEKEND EDITION

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FRIDAY, DECEMBER 1, 2017

## Lessons and carols coming to St. Mark's this weekend

By Gordon Lambie

A traditional sign of the holiday season in Lennoxville, the annual service of lessons and carols at Saint Mark's Chapel is coming up this weekend on Saturday evening and Sunday afternoon.

"It's modeled after the lessons and carols service at Kings College Cambridge that has been going on since the early 1900s," said chapel choir director Sarah Heath. "We do it every single year."

Heath explained that the special, candlelit service features traditional anthems sung by the choir as well as carols sung by all those in attendance, interspersed between nine different readings. This year the choir of students, community, and faculty has 18 members who will also be joined on certain songs by Nicolas Leblanc on trumpet and Stephen Sheeran on soprano saxophone.

CONT'D ON PAGE 3

## Champlain students 'light the path'



MATTHEW MCCULLY

By Matthew McCully

For the second year, Champlain College students and community allies held a demonstration at the entrance of the path leading from campus

to Champlain residences at dusk to draw attention to the lack of lighting on the path.

The students posted signs demanding adequate lighting for the path and strung several hundred feet of lights

near the entrance powered by a generator.

A group also walked the path together to demonstrate how dark it is on the trail, surrounded and overhung by

CONT'D ON PAGE 4

GALT DRAMA PRESENTS

Searching for David's Heart  
By: Cherie Bennett

Directed by Olivia Louise Grenier

December 14, 15 & 16, 2017

7:30pm

Alexander Galt Auditorium  
Tickets 9\$

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Produced by special arrangement with the Dramatic Publishing Company of Woodstock, Illinois

artwork by: Lea Cote

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## Weather



TODAY:  
PERIODS OF  
RAIN

HIGH 2  
LOW -7



SATURDAY:  
SUNNY

HIGH -1  
LOW -8



SUNDAY:  
CLOUDY

HIGH 1  
LOW -8



MONDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 2  
LOW -1



TUESDAY:  
RAIN

HIGH 5  
LOW -2

# Gruffalo, Gruffalo Children, and Highway Rats, Oh My!!!



## GOOD READS

### LENNOXVILLE LIBRARY

This week's column doesn't delve into any particular parenting issues or explore a particular theme. I simply felt inspired to write a review/recommendation for two books by the same talented and creative children's lit team. When I was studying education at Bishops, I recall a teacher asking me why I chose a particular book for a lesson plan. I momentarily hesitated, because the reason was simply because I liked the book. It was fun. I enjoyed reading it. There was not a particular learning intention behind the choice. She comforted me in my hesitancy, and reminded me that instilling a joy of reading—just because—is actually an awesome intention. These two books bring me joy, and consequently bring joy to my children and anyone else I read to.

"A mouse took a stroll through the deep dark wood. A fox saw the mouse and the mouse looked good."

I first heard the story "The Gruffalo" as told by my friend Nick around a campfire. He is a Dad to three wonderful kids and when he was just a wee lad he memorized the entire text to this beloved book written by Julia Donaldson. I was delighted when I later saw the actual book, and was able to appreciate the pages whimsically illustrated by Axel Scheffler.

The *Gruffalo* was originally published in the UK in 1999 and has sold over 13 million copies. This book has delighted a generation of children with its rhyming tale of a clever mouse who outsmarts all the predators of the forest by convincing them that he is in fact the fiercest, scariest creature in the woods. The mouse encounters a fox, an owl, and a snake, all of whom run off because Mouse claims to be meeting a scary creature called the Gruffalo. Then when the Gruffalo really appears, the mouse shifts gears and shows him that the animals he passed earlier are afraid of the tiny mouse because he is the meanest, most bad creature in the woods. In the end (spoiler alert!) the mouse prevails and the story concludes with one of my favourite lines ever written for children's literature:

"All was quiet in the deep dark wood, the Mouse found a nut, and the nut was good"

The *Gruffalo* is a delightful read for children and adults alike. This a quality many parents and adult readers are desperately seeking in a world of at-best mindless and at-worst deeply irritating children's media. The *Gruffalo* also has a sequel, "Gruffalo's Child". This book is

also very enjoyable, although in my opinion not so much as the original. Even so, the combination of clever rhyming text and amusing art work makes this book a massive success and inspired me to investigate more works by this dynamic duo.

"Give me your buns and your biscuits! Give me your chocolate éclairs!"

The *Highway Rat* (available at the Lennoxville Library) also by Julia Donaldson and illustrated Axel Scheffler is a more recent publication, released in 2011. This book tells the story of a bully rat, who seeks desserts from all who pass by him on his highway. He gets more than he bargains for. He takes clover from a rabbit; nuts from a squirrel, he even goes as far as stealing his own horse's hay. Ultimately his bad deeds and greed are his undoing, and he is thwarted by a clever duck. This book, like other works by Donaldson, is written in rhyming verse that is a pleasure to read aloud. This book is written as an ode to and in the style of the famous Alfred Noyes poem, "The Highwayman". (Nothing like sneaking a little poetry study into your preschooler's reading list!) Another of my favourite elements of this book and other books illustrated by Scheffler, is that he hides little Easter eggs in the illustrations. In the *Highway Rat*, near the end, we see young animals in a bakery eating Gruffalo shaped cookies.

As the weather gets colder and the nights are long and dark, cozy story-time seems more and more inviting. Snuggle up on the couch or your favourite chair with your children or grandkids and check out some delightful stories from your local library. There is no other reason required than the fact that they are fun to read.

—Shanna Bernier



Yowza! Yowza! Yowza! A chance to get out, see some fine artwork, and perhaps check off a few more on the Christmas gift list. The Lennoxville Art Group is mounting a Christmas and winter-themed exhibit. There will be an introductory vernissage and sale of mini paintings at the Lennoxville Library this coming Saturday December 2nd, from 11 am to 2 pm. The exhibit itself will run until the Library closing for Christmas. The mini paintings sale (at very affordable prices!) is only on Saturday, December 2. Come have coffee, tea, and cookies and encourage your local artists. Free admission!

## Ben by Daniel Shelton



# LOCAL NEWS

The incident slowed traffic but the debris was non toxic and didn't block the road so vehicles were able to circulate at a reduced speed while the mess was cleaned up.

## Northern Pass gets crucial US approval

Record Staff  
SHERBROOKE

November 16 allowing the project to cross the state of New Hampshire from Pittsborough, near the Canada-US border to Deerfield, Massachusetts. This approval does not necessarily mean, however, that the \$1.6 billion project is about to see the light of day. The project still needs the approval of several local regulatory agencies and New England states before it can come on line by the end of 2020.

Of crucial importance is approval by

the Site Evaluation Committee (SEC) expected in February 2018. The SEC will have to decide on the burial of the line over a distance of 100 kilometers in the White Mountains area.

Several New England environmental organizations, including the New Hampshire Forest Protection Society, are lobbying the SEC to refuse to authorize the project.

Eversource, Hydro-Québec's American

partner, says that authorization from the Department of Energy is one more step towards the construction of the transmission line.

"On both the New Hampshire and the Canadian sides, the licensing process is being completed," said Eversource President Bill Quinlan in a communiqué. "Now that we have signed agreements with the main contractors, we will be able to start construction in mid-2018."

The proposed Northern Pass hydro line connecting Quebec and New Hampshire has taken another step forward as the project has finally received formal approval from the US Department of Energy, which it has declared "in the public interest".

The Department of Energy officially issued a "Presidential Permit" on No-

## Military helicopters in skies over Sherbrooke

Record Staff  
SHERBROOKE

Sherbrooke police department use the two sites periodically for training. Troops will re-embark the aircraft today, Dec. 1 in the late afternoon on a vacant lot located near the Julien-Ducharme Centre (Fleurimont). The helicopter manoeuvres are part of an urban combat exercise held by the City of Sherbrooke police department and carried out jointly with soldiers from the 3rd Battalion, Royal 22e Régiment.

Training exercises such as these provide soldiers from Valcartier with an opportunity to perfect their skills so that they can fulfill their international mandates.

November 29, 2017 Residents and people passing through the borough formerly known as Mont-Bellevue (now borough No. 4) may have noticed two CH-146 Griffon military helicopters flying low over the area yesterday or today. On the morning of November 30th, the aircraft conducted the rappel insertion of around 30 infantry soldiers onto the roof of the old plant located at 1167 du Pacifique Street. The troops then used the site of the abandoned hotel located at 68 Wellington Road South. Members of the City of



COURTESY VILLE DE SHERBROOKE

## Truck loses cargo in Lennoxville roundabout

By Matthew McCully

A transport truck travelling through the roundabouts at the south end of Lennoxville around 11 a.m. lost a portion of its cargo while negotiating the turn.

The truck had canvass rather than solid sides, and during the turn a stack of sheets of aluminum and some other

debris broke through the side of the trailer.

The incident slowed traffic but the debris was non toxic and didn't block the road so vehicles were able to circulate at a reduced speed while the mess was cleaned up.

No injuries or damages to other vehicles were reported.



PHOTOS BY MATTHEW MCCULLY

## St. Mark's

CONT'D FROM PAGE 1

As in past years, a freewill offering will be taken up during the service to support local charities. According to Heath, this year's chosen causes are the Dixville Home Foundation, the Alexander Galt High School breakfast program, and the Lennoxville Elementary Christmas basket cam-

paign.

"All are welcome," the choir director said, emphasizing the fact that parking on campus is free on the weekends. Heath also noted that this will be the first service of Lessons and Carols for the new campus minister, the Reverend Jesse Dymond. Saturday's service will begin at 7:30 p.m. while Sunday's will take place at 4:00 p.m.

### Declaration of intent to dissolve non-profit organization.

This declaration is required under section 42 of the Act respecting the legal publicity of enterprises. Notice is hereby given that the non-profit legal person: **L'église à l'orme / Church at the Elm (NEQ #1163343107)** with its head office at 3907 Rte 147 Waterville, QC, JOB 3H0 has decided to apply for its dissolution.

# Le Renaissance Manoir St-Francis remembers loved ones



COURTESY

Thank you to Brian Herring, Francine Hamel, Ron Haseltine and their surprise guests for adding some sweet sounds to our annual vigil where we celebrated the lives of those we've lost this year.

# Christmas Choral Concert at Plymouth- Trinity

Record Staff  
SHERBROOKE

With the holidays approaching and Yuletide tunes already in the air, La Maison d'Opéra et de Concerts de Sherbrooke is offering a Christmas concert, Sunday afternoon, December 17 at 3 p.m. Under the direction of composer, teacher and renowned choral director Robert Ingari, the choir will sing a cappella in the rich acoustics of Plymouth Trinity Church. Among others, works by Kodaly, Ingari, Lang, Rameau; and traditional songs will be performed. In addition, La Maison will be announcing, before the holidays, its Winter 2018 program of concerts to offer as gifts.

Le Choeur de chambre du Québec is an ensemble dedicated to the creation, diffusion and recording of vocal works, mainly in French, including compositions by Robert Ingari and some members of the choir.

Le Choeur de chambre du Québec, made up of some of the province's best young singers, choirmasters and composers, aims to enrich the contribution of the Francophone community to the Canadian choral repertoire through its mandate to promote French in a stimulating and diverse repertoire. In the context of cultural exchange and through its performances, it shares the beauty and the subtleties of the French language, supported by a contemporary vocal musical composition. The choir performed at Carnegie Hall in March 2015 as part of the A Cappella NEXT concert, by Distinguished Concert International New York, an event bringing together three professional choirs from North America; it has also been invited to perform in France for the 1918-2018 Remembrance Day ceremonies.

Robert Ingari is founder and artistic director of Le Choeur de chambre du Québec. After ten years of teaching and conducting at the Boston Conservatory, Ingari began to teach choral conducting at McGill University's Faculty of Music in 2000 and became director of several es-

tablished amateur choirs, including the Choeur Classique de Montréal. In 2008, he joined the Université de Sherbrooke's, École de musique, where he is now Associate Professor and head of the Master's program in Choral Direction, head of the Classical Interpretation sector, and artistic director of the Summer School of choral singing.

He is regularly invited to give workshops in choral direction as well as to lead instrumental ensembles, notably in Longueuil with the Orchestre symphonique de Longueuil, in Lyon, with the Conservatoire national de musique et de danse, and in Paris, with the ensemble Sequenza 9.3. In 2011, he founded Le Choeur de Chambre du Québec. His works have been performed by Canadian, American and French choirs.

Tickets are on sale at the door at Plymouth Trinity Church, 380 Dufferin Street. General Admission is \$35, \$15 for those 25 and under, \$30 for those 65 and over, and free for children 12 and under. They are also available now on the Maison website at [www.maisondoperaconcerts.com](http://www.maisondoperaconcerts.com).



(CHOEUR DE CHAMBRE DU QUÉBEC)

Robert Ingari

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## 'Light the path'

CONT'D FROM PAGE 1

trees, after the sun goes down.

The Champlain students released a statement in conjunction with the 'light the path' demonstration.

"This symbolic and creative action is intended to raise awareness for the need to install permanent lighting in order to increase safety for students who regularly use this walkway as their primary route to school," the statement read.

The long-term goal of the event, according to the statement, is to have permanent lighting installed on the path, also asking that the path be maintained and patrolled regularly by Bishop's Uni-

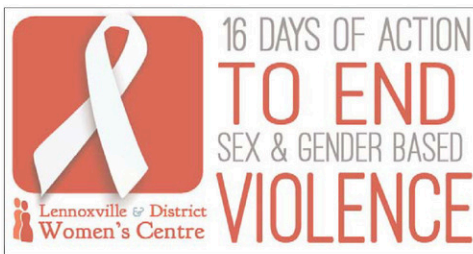
versity security.

Earlier this month the administrative bodies of Champlain and Bishop's made the collective decision to declare the path, which is the property of BU, officially off limits between 9 p.m. and 6 a.m.

The decision was made in the wake of a number of unconfirmed reports of alleged sexual assaults against students on the streets of Lennoxville.

The consensus among students at the demonstration on Wednesday evening was that the problem had been ignored for too long, and it was time to invest in the safety and security of students using the path.

# HIV/AIDS: The danger of becoming desensitized



Contributed by Iris Estrie

**H**IV/AIDS is a sexually transmitted and blood borne infection (STBBI) that has serious consequences for those who contract it. It is indiscriminate to social status, age, gender, ethnicity, sexual orientation and other markers. Its infection attacks one's immune system. It is sometimes latent and can appear within 10 years of initial infection, which is why it is important to include screening for this virus on a regular basis. Because of its dormant and often misinterpreted symptoms, an estimated 27% of people living with HIV/AIDS are unaware of it. There was a time when this diagnosis resulted in certain death. Today, thanks to the combination of three anti-viral drugs known as the triple cocktail (or AIDS cocktail), those living with the virus can have a long, relatively healthy life. Although there is no question that rendering this a manageable disease is excellent news, it has also resulted in a blasé attitude toward HIV/AIDS, which is a dangerous consequence.

The quality of life of people living with HIV/AIDS will vary depending on

their access to treatment. The disease requires that patients be followed closely by a doctor and several specialists. Younger people afflicted with HIV/AIDS are especially susceptible to early onset degenerative illnesses (arthritis, hearing problems, osteoporosis, etc.) even if they are diligent with their treatment. Another hurdle is the treatment itself. Medication must be taken at the same time. This may sound simple, but anyone who has had to take, or supervise the taking of medication this rigorously will admit to its being a challenge. There is also the inevitable question of discrimination. Living with the human immunodeficiency virus (HIV) can influence any number of every day events. A visit to the dentist, where one must disclose their HIV status, or trying to justify to one's employer why they have so many medical appointments, without necessarily telling him about their diagnosis. Let's not even start with question of obtaining life insurance.

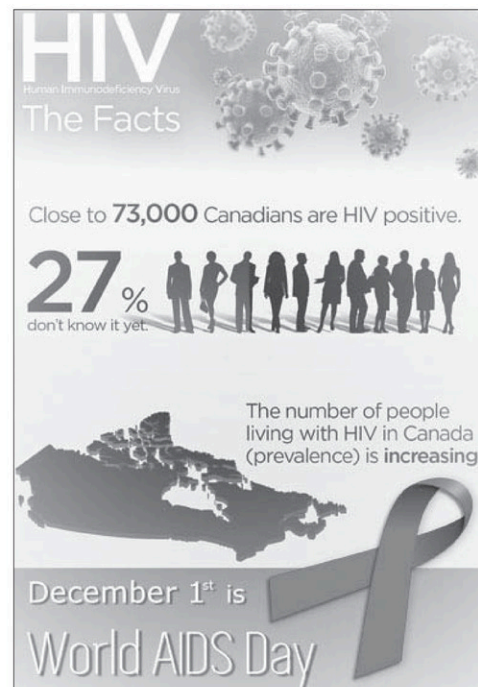
Romantic relationships also suffer a tremendous impact. When IRIS Estrie holds a workshop on the subject of HIV/AIDS, one of the first questions is "would you have protected sex with a person infected with HIV?" Not surprisingly, the answer is almost always, "no". Ironically, these same people will admit to having sex with someone who's HIV status is unknown or uncertain. It is no wonder that people living with HIV have difficulty finding a partner.

Serophobia is a manifestation of fear

and aversion by certain people, towards people living with HIV. Like homophobia, it manifests itself through acts of exclusion or discrimination, whether implicit or explicit. Jean, a person living with HIV/AIDS says, "Socially speaking, you're a class apart, on an individual basis, it is sometimes easier". The consequences of this disease are physical, psychological and social. People living with HIV/AIDS often find themselves isolated from their social network for a number of reasons including fear, discomfort and prejudice. Sadly, they also frequently exclude themselves due to loss of self-esteem and self worth. This diagnosis too often results in depression and even suicidal ideation which is why it is so important to listen when someone has the courage to talk about their affliction with HIV/AIDS.

The misconception that those who contract HIV/AIDS have somehow done something to deserve it is still far too common. The belief that this disease is only contracted through "ludé" behaviour (inter-venous drug use, anal sex) is unfortunately prevalent even in this modern age. These prejudices are dangerous for many reasons, not the least of which is the misinformation that they perpetuate. It is by breaking down these ideas that HIV/AIDS will become a thing of the past. "Happiness belongs to everyone". - Jean

Another dangerous fallacy is the belief that there is a cure for HIV/AIDS. The efficacy of the AIDS cocktail does not



make it a cure. It can help many to live a longer, healthier life, but they will always be living with HIV. No one is invulnerable to this virus. This unbiased virus can affect anyone, including friends, family, co-workers, children, seniors - anyone. "Triple therapy may save us from dying, but serophobia kills our soul. - Jean

#### HELP & RESOURCES

IRIS Estrie (Community organization helping to raise awareness and provide resources about HIV and other blood STBBI) 819-823-6704 <http://irisestrie.org>

## A cocktail-dinner to benefit struggling young people

Record Staff  
SHERBROOKE

**O**n Thursday, Dec. 7, the Estrie Youth Center Foundation is inviting the public to its 6th Christmas Fundraiser, a cocktail dinner at the Sherbrooke Museum of Fine Arts. The event will take place under the patronage of Sherbrooke Innopole Executive Director Josée Fortin and aims to allow more children to benefit from the Foundation's help in 2018.

The evening costs \$100 per person and tickets can be purchased on the Foundation's website at [www.fondation-cje.com/coquetel-2017-achats-de-billets](http://www.fondation-cje.com/coquetel-2017-achats-de-billets).

A foundation for the well-being of children

In the course of 2016, the Estrie Youth Center Foundation helped 6,055 young people under 17-years-old, who have

often been victims of neglect and/or physical and psychological abuse. Thanks to donations received during the year, the Foundation helped children to find balance in their lives. It finances summer programs, sports, cultural activities, and offers financial assistance to enable young people to pursue post-secondary studies, or provides them with a starter kit for setting up a first apartment. The Foundation also helps new mothers who have few resources.

"The Youth Center Foundation helped me enormously in starting a new life with my two daughters," says Claudine, a mother who has benefitted from the Foundation's help. "Thanks to the Foundation, I was able to buy a washing machine and all the furniture needed to have decent rooms." In 2016, the Foundation allocated \$72,201 to 186 young people.

## WE NEED A HELPING HAND THIS HOLIDAY!

### ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2017



The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate in being able to rely on several partners and community members to help us fill the baskets with some staples and all the trimmings of a holiday meal. Thanks to great success last year, this holiday

season we will continue to focus on raising funds rather than food items (any such donations will be taken to the local food bank), baskets will be created from the funds received.

With the help of our local partner Lennoxville's Provigo Robert Lafond, we are able to create baskets filled with daily necessities, holiday essentials and fresh produce. Your overwhelming support has allowed us to move forward to better answer the needs of the community and we thank you.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

**We hope we can continue to rely on your support, as it remains very important for the success of our Christmas basket campaign.**

Please, make cheques payable to (tax receipts for donations of 10\$ and over will be issued):

**AGRHS Christmas Basket Campaign**

and mail to: AGRHS, P.O. Box 5002, 1700 rue College, J1M 1Z9

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# EDITORIAL

The ratings for this year's Grey Cup, as published by Numeris, showed that 10.6 million "unique viewers" watched some of the Grey Cup, or about one third of all Canadians – up 10 per cent over 2016.

## Letters

DEAR EDITOR;

For satire to work, it has to touch on uncomfortable truths, pointing out the real story that people just want to ignore. Record columnist Ross Murray tries and fails at satire with his post-Grey Cup (column, Nov. 30).

We've heard his clichés before: the CFL is an old-white-guy's sport and everybody hip is watching the NFL. And, sorry but this show is just not good enough for today's with-it folks.

Q.: How then do we explain the CFL's TV numbers, which continue in all seasons and especially for the Grey Cup, to be – the only word that covers it – stupendous?

The ratings for this year's Grey Cup, as published by Numeris, showed that 10.6 million "unique viewers" watched some of the Grey Cup, or about one third of all Canadians – up 10 per cent over 2016. The average audience peaked at just under 6 million viewers in the fourth quarter. In plain English, that is way higher than the Stanley Cup finals, and only ever surpassed on Canadian TV by Team Canada's Olympic or other final games.

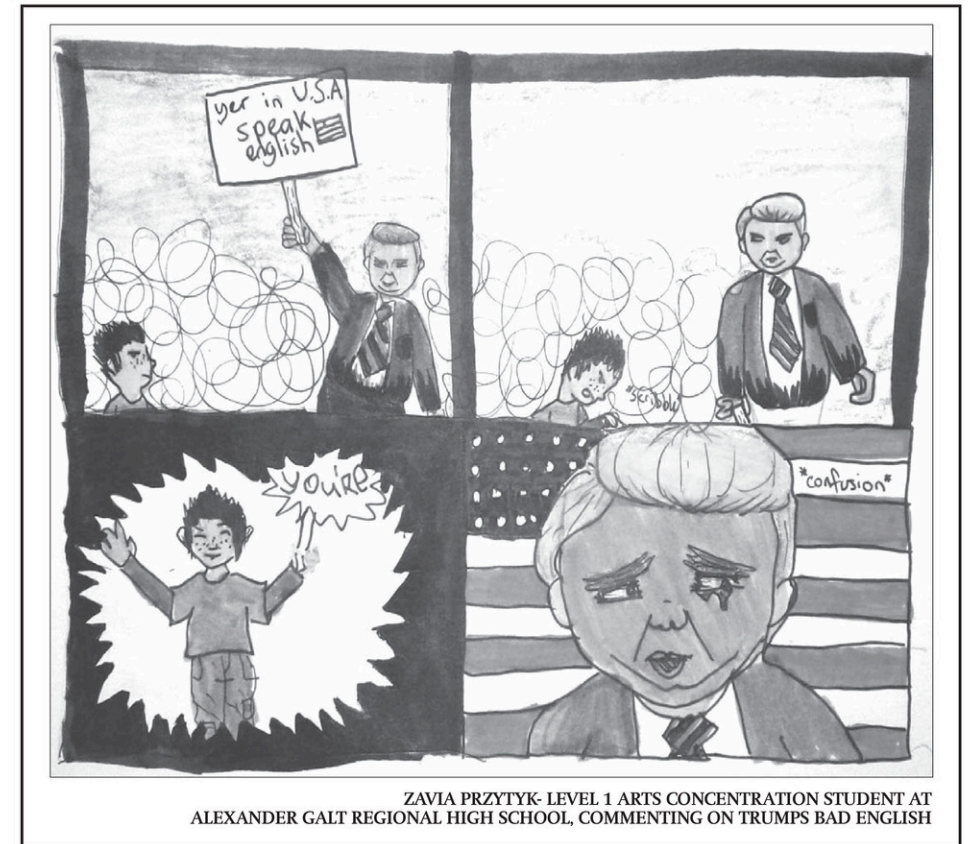
But then, the CFL is huge in all seasons. TSN has wagered its corporate existence on Canadian football TV ratings

being very high summer through fall. And this is true everywhere in the country, although ratings dip visibly in French Canada when the Alouettes are not involved the postseason.

For example, the TV ratings in the Argos home Toronto/Hamilton area jumped almost 60 per cent for this year's Grey Cup, and contrary to popular wisdom, they are strong during the regular Argos season, too. My favourite stat is from September 2016 when the Blue Jays were in the middle of a pennant race. They played a big series after Labour Day vs the New York Yankees. Everybody was watching, and the Jays drew over 900,000 TV viewers. The same week, the boring old Argos and TiCats played a home-and-home Labour Day week series. Their ratings? About 900k viewers, basically the same as the Jays series. Advertisers see this, and flock to TSN.

As for Shania Twain, Murray hints she was obviously bush-league and only for CFL-type viewers. That's funny, Shania was booked for the Superbowl half-time in 2002 and got good reviews there. Online comments suggest most viewers liked her in 2017 too, and while the sled entry was corny, it was a good laugh.

Finally, I would add that after a quar-



ZAVIA PRZYTYK- LEVEL 1 ARTS CONCENTRATION STUDENT AT ALEXANDER GALT REGIONAL HIGH SCHOOL, COMMENTING ON TRUMPS BAD ENGLISH

ter-century career during which I had the privilege to be posted to France during the World Cup and to New York City when the Yanks won the World Series, I would not hesitate to match the thrills of this last Grey Cup with either of those big events. Lots of sports excitement.

In December, I will head down to a favourite bar in bordertown Canaan,

Vermont to watch some Sunday NFL games with real Patriots fans there. I will not hesitate to regale them with the best stories from Canadian pro football. They are always impressed. Too bad local critics are not as broad-minded.

SIGNED,  
DAVID WINCH  
NORTH HATLEY

## QESBA - school board elections

DEAR EDITOR:

For the past several months, the Quebec English School Boards Association (QESBA) has put out information concerning the upcoming school board elections slated for November 2018.

In essence, the Association wants the following:

- Postpone the elections because there will be "electoral fatigue" («fatigue électorale») following the provincial October 2018 elections. It fears this would result in low voter turnout.

If commissioners are to be elected in an open and democratic manner, the elections must proceed as scheduled. Postponing the date by special laws gives the impression of some sort of

"special status" for school boards.

- Twin the elections with the municipal elections, in the hope of a greater turnout at the polls. Over the years, the QESBA, it seems, cannot make up its mind.

On May 25, 2010, the QESBA's presentation to the Quebec government's "Education and culture Commission" on a bill dealing with twinning elections, which the French boards and government wanted, QESBA wrote:

"As you know, QESBA has been vocal and firm about maintaining a distinct school electoral system...we have a difficult time agreeing to such a drastic change..."

- Online voting: If that happens "say goodbye to real democracy and fair elections." As most technicians know, one

can put all the "encryptions, passwords and firewalls" that they want. If someone is determined to access the information, eventually it will be done.

Consider: Quebec held municipal elections in 2005. Numerous problems were reported with the voting machines used. One year later, le Directeur général des élections du Québec released a report highly critical of the systems and processes used. As a result, a moratorium on the use of electronic

voting in municipal elections has been in place.

- The QESBA is asking for "proper financing for the electoral process." No, the government should run the elections. At the last, Nov. 2014 election, there were people, who were candidates, managing the election itself. That is not fair.

CHRIS EUSTACE  
MONTREAL, QC

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

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Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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# COLUMNIST

To experience the rare gift of a memorable encounter with one who is fully present, who turns to you face to face, and however briefly, grants to you the luminosity of undivided attention - is to know yourself truly blessed.

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

Today's word: Presence

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

**1**) How many times do we go through a routine activity only half paying attention? We drive to work and cannot remember anything about the trip because we are rehearsing a difficult conversation we are going to have with a co-worker. We come home and get changed and can't remember where we put our keys that we always hang near the entrance.

When we do bring our total attention to something, be it a conversation, a task or an activity it becomes a very different experience. I might even call it a sacred experience, as odd as that may sound. When we do this, our surroundings become infused with a special kind of energy. It is as if we suddenly grow antennae. We pick up on subtle, non-verbal signals that inform us much more than do words. When in conversation it becomes apparent that what the person we are talking to has to say to us is important, and it matters. This kind of privileged conversation, carried out with a non-judgemental attitude, creates a safe place for the soul to show up.

It has been my privilege to be present to this type of conversation. When it happens it is a gift to be treasured. I would even say that when we bring our full presence to the table the Holy Presence of our creator is there with us and it is palpable!

**2**) Many years ago a seven-year-old girl from my congregation was chosen to present a bouquet of flowers to Queen Elizabeth at the airport in Ottawa. She was so excited, as was her mother. Then came the protocol list: in the queen's presence you must bow, lower your eyes, make sure you don't touch her excellency, and never speak unless you have been spoken to by her majesty. Cindy was a born hugger and she had to carefully restrain herself. "After all," she said, "I'm in the presence of royalty."

To be in the presence of someone special should not mean a restricted set of rules. In sacred terms, we don't need a formal tone of voice, King James English with long complicated words, or a special wardrobe to ad-

dress God. There was a time when churches made rules about what clothing to wear, and only used ancient Latin in worship. Think about it. We are in the divine presence every day, whether we wear a tuxedo or pajamas. We certainly don't need to lower our eyes, stand formally, or wait until we are addressed before we speak. God is present in a child's smile, the wrinkles of old age, or the face of a homeless person in dirty clothes on a city sidewalk. When we open our eyes to see the world around us, and open our hearts in compassion we are in the divine presence.

Cindy actually did quite well that day. She had practised her curtsy, and resisted her natural urge to hug the Queen. I sometimes wonder if it was Queen Elizabeth who was in the regal presence, not the other way around.

**3**) Ever received one of those classic invitations that read: "The honour of your presence is requested..."? Wrapped in sunrise, life issues us a daily invitation.

Thoreau observed in much simpler times that we tend to "live lives of quiet desperation." How prophetic for this, our electronic age, and all who suffer in droves from the epidemic disease of chronic busyness. Preoccupied with communicating through multiple devices, keeping in constant touch with "touch screens" in virtual space, it's as if busyness has become a virtue.

Should we take pride in claims of being "busier than thou"? Having places to go, people to see, things to do, keeping a full agenda with ringtone calendar reminders and rushing to and fro can fill our lives with purpose. The risk is in becoming endlessly driven, so distracted from the task at hand by the one just past or to come, we are hardly present for our own lives and each other in the sacred here and now. As the year winds down, the pace quickens. A clergy friend of mine has written a chant for this: "Slow down, slow down and savour." (Repeat, repeat, repeat...)

True presence requires concentrated energy and sharply focused attention. Wise teachers and spiritual mentors often possess a singular magnetism as part of their personal charisma. To experience the rare gift of a memorable encounter with one who is fully present, who turns to you face to face, and however briefly, grants to you the luminosity of undivided attention - is to know yourself truly blessed. Such rare moments give us a brush with greatness and remind us of our own. We come away feeling thoroughly seen and known to the core of our being.

Giving the gift of profound presence comes at no cost other than being generously aware and fully open to the presence of others. Among the round of gatherings with friends and family that brighten our days in this cold season, in chance encounters at the post office or in the shopping queues, and finally around the tree stacked with presents, may true presence be what we abundantly exchange in this holy season.

**4**) This space is reserved for YOU!

**One word, only three voices this time, as one of us is called to be fully present elsewhere. Now it's your turn to reflect: What does it mean to live a life of real presence?**

*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.*

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THE RECORD

## The Washboard Union controlled the stage at Centennial



COUNTRY CONNECTION

JESSIE PELLETIER AULIS

The Washboard Union graced the stage of the Centennial this last Sunday night. Many of the concert goers didn't really know this group who won 'Roots Artist of the Year' at the last CCMA, but walked out wanting to buy their CDs and promising themselves to see them again as soon as possible.

The Washboard Union performed a fantastic show. The trio composed of Aaron Grain, Chris Duncombe, and Dave Roberts are really in total control of their stage and their artistry. They are dynamic, talented, comical, and totally unique.

Their music comes as a blend of diverse influences, a mix of traditional sound, contemporary country, as well as a pinch of bluegrass. The result is positively breathtaking. The chemistry between the singers and their three-part harmonies is just a real treat, a pure delight.

During this event in collaboration with Firehouse Productions, we col-

lected non-perishable items for Moisson Estrie. I must say it was a success. This was just a perfect evening of music and getting together to help those in need. Thanks to all the generous donors. One more time, you proved that when it comes to helping others, country music fans are the best.

Kyle Dunn, a Canadian country singer, opened for The Washboard Union. The young man from Kingston, Ontario is very talented. He is definitely walking on the path of success.

François Gilbert announced that the next show would feature Canadian country singer Gord Bamford. Bamford will perform at the Centennial on February 8, 2018. The tickets are already on sale at the Centennial or on [www.ovation.qc.ca](http://www.ovation.qc.ca).

**Marty Stuart celebrates anniversary**

Grammy Award-winning Marty Stuart will celebrate his 25th anniversary as a Grand Ole Opry member. Stuart was inducted in the Opry family on November 28, 1992, some 20 years after he first played the Opry stage at 13 years old as a band member for the legendary Lester Flatt.

Stuart is regarded as one of country music's biggest talents worldwide. The Mississippi native once said, "The Opry is a way of life. It's an institution that gets passed on every weekend. If you're going to be a country performer, the Opry is the place to be."

The five-time Grammy winner continues to record and release relevant music. He honours the past legacy while advancing it into the future. Earlier this year he released his 18th studio album,



COREY BELLAM

Bruce, left, and Sharon Kirby, the winners of the winners of The Record contest, pose with members of The Washboard Union.

Way Out West. The album was named one of the 'Best Americana Albums of the Year.'

**The 60th annual Grammy Awards**

The nominees for the 60th annual Grammy Awards include, as usual, a few country music artists. The Grammys are the only peer-selected music award, the Grammy is voted on by the Recording Academy's membership body of music makers, who represent all genres and creative disciplines, including recording artists, songwriters, producers, mixers, and engineers.

The Recording Academy will present the Grammy Awards on Sunday, January 28, 2018, live from Madison Square Garden in New York and broadcast on the CBS Television Network at 7:30 ET.

The nominees for Best Country Album: Cosmic Hallelujah - Kenny Chesney, Heart Break - Lady Antebellum, The Breaker - Little Big Town, Life Changes - Thomas Rhett, From A Room: Volume 1 - Chris Stapleton

Best Americana Album: Southern Blood - Gregg Allman, Shine On Rainy Day - Brent Cobb, Beast Epic - Iron & Wine, The Nashville Sound - Jason Isbell And The 400 Unit, Brand New Day - The Mavericks.

**On the local scene**

Christmas Country Music Apprecia-



JESSIE AULIS

The Plainsmen will be guest artists at the Christmas Country Music Appreciation Jam at Burrough's Falls on December 9.

**tion Jam**

On December 9, from 1 to 6 p.m., the Burroughs's Falls Reception Hall will once again be hosting a, Country Music Appreciation Jam. This one will be dedicated to the second annual Christmas series.

The event will include hours of continuous live country music along with an amazing Christmas buffet that's

CONT'D ON PAGE 9



COREY BELLAM

The Washboard Union on the Centennial stage.

# ‘Come From Away’ creators thinking big for their film adaptation

By David Friend  
THE CANADIAN PRESS

They’ve only just begun working on the script’s first draft, but the creators of “Come From Away” say they’re bursting with ideas for the cinematic version of their Broadway musical.

“All of these things we’ve imagined,” says David Hein, “we can actually blow open and show in this rich world.”

Huge sets, actual East Coast locations and a sizable cast that could fill an opera house — none of those options were on the table when Hein and Irene Sankoff began writing their play about six years ago.

Now the sky’s the limit.

“Come From Away” was dreamt up after the married couple visited Gander, N.L., on the 10th anniversary of the 9/11 terrorist attacks. They built the storyline around a minimal set that consisted of little more than 12 chairs and 12 actors arranged in creative ways.

The duo already had some experience in screenwriting and they say the play’s script had a certain degree of cinematic flair from the start.

Coming up with ways to translate their vision onto the big screen is

thrilling, they say. The possibilities range from showing 38 planes grounded on the runway to the portrayal of nearly 7,000 stranded passengers roaming the streets of a small town.

“(To) be able to show more of the world, show more of the characters and the place itself. It’s totally exciting.”

Sankoff expects “Come From Away” will film in Canada, especially since Newfoundland and Labrador is practically its own character in the script.

“Places like the Dover Fault, Appleton Peace Park — yeah, we’ve gotta be there,” she says.

Hein and Sankoff have been on a tear since “Come From Away” opened in Toronto and subsequently went to Broadway in February. It picked up a Tony Award for best direction of a musical and has collected a number of other accolades throughout the year.

“Come From Away” returns to Toronto with an all-Canadian cast in February, which means the couple has plenty on their minds.

Neither one has given much serious thought to who could star in the film, they say.

“We’ve barely even started talking about that,” Hein says.

# Country Connection

CONT'D FROM PAGE 8



JESSIE AULIS

## Big River

included with your ticket. They have a great country music lineup and joining are two guest bands — The Plainsmen and Big River, also some of your favourite local musicians will be stopping by to jam.

They also have a few nice door prizes, plus Santa will be stopping by. This is an event you don’t want to miss! Advanced tickets are \$12 or \$15 at the door. For more info, email [countrymusicappreciationjams@gmail.com](mailto:countrymusicappreciationjams@gmail.com) or call Angel at 819-838-4912 or Gale at 819-876-7376.

### Join them as well to bring in the New Year!

December 30, from 1 to 6 p.m., the Burroughs’s Falls Reception Hall will be hosting a News Year’s celebration. This event will bring 2018 in country style, with all the bells and whistles.

It will include hours of continuous live

country music along with a wonderful New Year’s buffet that’s included with your ticket. They have an amazing country music show lined up including the house band, The Classic Country and two guest bands. By popular demand The Swingers will be back, as well as Steve Aulis and Carroll Sayers.

Advanced tickets are \$15 or \$20 at the door. For more information you can reach organizers Bobbi Dee and Stan McKelvey at [countrymusicappreciationjams@gmail.com](mailto:countrymusicappreciationjams@gmail.com) or call Angel at 819-838-4912 or Gale at 819-876-7376.

Their mission remains the same. It is to encourage and support local professional musicians to keep their music alive. Ticket proceeds go to the scheduled participating musicians. Volunteers are greatly needed so if you want to be part of Bobbi’s dream team, please get in touch with them.

# 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	Scout	Chirp	Super Why!	Daniel Tiger	Dragons' Den				
CHLT 7	107	718	F	Salut bonjour (N) (SC)									Lemission	Bien (SC)	Le tricheur	Mario Dumont
			M										(9:59) Deux filles le matin (N)			
			T													
			W													
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	Toc toc toc	Pyjam.	Arthur	Var. Programs	Marina Orsini	Ricardo		Silence				
CKMI 11	-	-	Global News Morning	Morning Show			Huntley Str't	Eat St.	Property Virgin	Security	Income Prop.					
CFCF 12	205	312	Your Morning	Live with Kelly and Ryan			The Marilyn Denis Show		The View							
WVNY 22	-	-	Local 22 News This Morning	Good Morning America			The Dr. Oz Show		Paid Program		The View					
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	NCIS: LA	NVL en bref	Histoire	Guerre-clans	CSI: Miami (SC)		
			M		NVL week-end											
			T		NVL											
			W													
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	Var. Programs	Bounty Hunter	Varied Programs						
BRAVO	620	523	F	Relic Hunter "Deadline" (CC)									Relic Hunter "Deadline" (CC)		"Catch a Christmas Star" (2013) Shannon Elizabeth. (CC)	
			M												"Finding Christmas" (2013) JT Hodges, Tricia Helfer. (CC)	
			T												"Pete's Christmas" (2013, Children's) Bruce Dern. (CC)	
			W												"The Twelve Trees of Christmas" (2013) Mel B. (CC)	
			Th												"Holiday Spin" (2012) Ralph Macchio, Garrett Clayton. (CC)	
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: Off Grid	Alaskan Bush People (CC)	Mayday Varig Flight 254.		Homicide Hunter: Kenda	Bering Sea Gold (CC)	Yukon Men (CC)						
			M				How It's Made	How It's Made	Alaskan Bush People (CC)							
			T						Ice Lake Rebels (CC)							
			W						Gold Rush "Viking Voyage"							
HIST	522	506	Canadian Pickers	Ice Road Truckers	Yukon Gold		Canadian Pickers		Varied Programs							
RDI	126	730	(5:00) RDI matin					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	Varied Programs	Paid Program	Paid Program	Paid Program	Cops	Varied Programs							
TLC	521	560	What Not to Wear	The Little Couple					Varied Programs		Say Yes: ATL	Say Yes: ATL				
TSN	400	400	F	SportsCentre	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	(9:50) 2018 FIFA World Cup Draw (N) (Live) (CC)						
			M	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	Curling 2017 Roar of the Rings Olympic Trials: Draw 6. (N) (Live) (CC)							
			T	SportsCentre	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	SportsCentre (CC)	Curling 2017 Roar of the Rings Olympic Trials: Draw 9. (N) (Live) (CC)							
			Th						Curling 2017 Roar of the Rings Olympic Trials: Draw 12. (N) (Live) (CC)							
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 regional	Movie	Tom & Jerry	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	Judge Judy	Judge Judy			
WVNY 22	-	-	Hot Bench	Hot Bench	The Chew	General Hospital	The People's Court	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	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	Dinosaur Train	Ready Jet Go!	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	World News
			F How Not to Die With Michael Greger, MD (N)	Nature Cat	Ready Jet Go!	Wild Kratts	Dinosaur Train	Curious	Splash	Odd Squad	Daniel Tiger	Cat in the Hat	
			M "The 46ers" (2015) Narrated by John Kearney.										
			T Best of Mountainlake PBS										
			W Best of Mountainlake PBS										
			Th Best of Mountainlake PBS	Mountain Lake									
A&E	615	520	Varied Programs						The First 48	Var. Programs	The First 48	Var. Programs	
BRAVO	620	523	Relic Hunter	Movie					Varied Programs				
CNN	500	500	Inside Politics	Wolf	CNN Newsroom	CNN Newsroom	The Lead With Jake Tapper	Situation Room With Wolf					
			F Deadliest Catch "Lost at Sea"	Deadliest Catch (N) (SC)	Fast N' Loud Grudge race between NASCAR superstars. (SC)	Misfit Garage (SC)	Garage Rehab (SC)						
			M The Last Alaskans (SC)	The Last Alaskans (SC)	Drain Alcatraz (SC) (DVS)	Alaska: The Last Frontier	Alaska: The Last Frontier (N)	Mighty Ships "MS Norrona"					
			T How It's Made Destruction	MythBusters "Heads Will Roll"	Canada's Worst Driver	Fast N' Loud (SC)							
			W Gold Rush: Pay Dirt "Inferno"	Gold Rush (SC)	Highway Thru Hell "Hooked"	Highway Thru Hell "Hooked"	Alaska: The Last Frontier (N)	Moonshiners (N) (SC)					
			Th Highway Thru Hell "Hooked"	Alaska: The Last Frontier (N)	Moonshiners (N) (SC)								
			F M*A*S*H (N)	M*A*S*H (N)	Counting Cars	Counting Cars	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)
			M American Pickers (N) (SC)	American Pickers (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire "Fan Favorites"	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)	Forged in Fire (N) (SC)
			T Vikings "The Departed" Heahmund rallies the Saxons. (SC)	Vikings Lagertha's epic story.	Hunting Nazi Treasure (SC)	The Hunt for the Zodiac Killer							
			W Pearl Harbor: 75 Years Later (N) (SC)										
			Th										
RDI	126	730	Telejournal	Les ex	L'info				Les ex		En direct avec Patrice Roy		
			F NCIS "Day in Court" (N)	NCIS "Blood Brothers" (N)	NCIS Ducky is attacked. (N)	"A Fairytale Christmas" (2013, Children's) Haylie Duff. (N) (SC)	NCIS "Day in Court" (N)						
			M			"A Very Merry Daughter of the Bride" (2008) Joanna Garcia.							
			T			Travelers "Traveler 0027" (N)	Supergirl "Reign" (N) (SC)						
			W			"A Firehouse Christmas" (2016, Romance) Anna Hutchison. (N)							
			Th			"Sleigh Bells Ring" (2016, Romance) Erin Cahill. (N) (SC) (DVS)							
SLICE	601	562	Varied Programs										
SPIKE	628	584	Varied Programs										
TLC	521	560	Say Yes: ATL	Say Yes: ATL	Hoarding: Buried Alive	Cops	Cops	Cops	Cops	Cops	Cops	Var. Programs	Cops
TSN	400	400	SportsCentre	Varied Programs		Curling	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													DECEMBER 1, 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) (N)	Entertainment Tonight (N)	MacGyver Mac follows thieves of lethal nerve gas.	Hawaii Five-0 McGarrett investigates a plane crash. (N)	Blue Bloods Danny and Baez track a drug supplier. (N) (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (SC)				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (N)	Wheel of Fortune (N) (N)	Blindspot A crisis must be prevented. (N) (SC)	Dateline NBC "Poisoned" The poisoning death of a chiropractor. (N) (SC)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (SC)				
CBMT 6	206	301	(5:59) CBC Montreal News (N) (SC)	Rick Mercer Report (N) (SC)	Coronation Street (N) (N)	marketplace (N) (SC)	The Stats of Life "Money"	the fifth estate Two deaths are caught on camera. (N) (N)	The National (N) (N) (SC)	CBC Montreal News (N)	Coronation Street (N) (N)	First Play Live Street (N) (SC)		
CHLT 7	107	718	(5:58) TVA nouvelles (N) (SC)	Le tricheur (N) (SC)	(6:59) Ca finit bien la semaine "Noël" (N) (SC)	Du talent à revendre (N) (SC)	La liste noire "Le Harem" (N) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) "Bad Country" (2014, Policier) Willem Dafoe. (SC)					
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (N)	Jeopardy! (N) (N)	Marvel's Agents of S.H.I.E.L.D. "Orientation (Part One); Orientation (Part Two)" The team is stranded in outer space.	(:01) 20/20 (N) (SC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (N) (SC)				
CKSH 9	108	-	Le Téléjournal Estrie (N)	Le TJ Extra ICI Estrie (N)	Galas ComediHa! 2017 (N) (SC)	Ici on chante Joël Legendre et Dominic Sillon. (N) (SC)	Au suivant (N) (SC)	Le Téléjournal avec Pascale Nadeau (N) (SC)	(:05) "Tu dors Nicole" (2014, Drame) Julianne Côté, Juliette Gosselin. (SC)					
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	MacGyver Mac follows thieves of lethal nerve gas.	Hawaii Five-0 McGarrett investigates a plane crash. (N)	Undercover Boss Canada "Orkin Canada"	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (SC)			
CFCF 12	205	312	(5:59) CTV News Montreal (N) (SC)	etalk (N) (N) (SC)	The Big Bang Theory (N) (N)	Marvel's Agents of S.H.I.E.L.D. "Orientation (Part One); Orientation (Part Two)" The team is stranded in outer space.	Blue Bloods Danny and Baez track a drug supplier. (N) (N)	News-Lisa	CTV News Montreal (N)	The Big Bang Theory (N) (N)				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N) (SC)	Marvel's Agents of S.H.I.E.L.D. "Orientation (Part One); Orientation (Part Two)" The team is stranded in outer space.	(:01) 20/20 (N) (SC)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (N) (SC)				
WUTV 30	-	-	The Big Bang Theory (N) (N)	Judge Judy (N) (N)	Judge Judy (N) (N)	Family Feud (N) (N)	Hell's Kitchen The chefs cook with exotic meats. (N)	(:01) The Exorcist Bennett and Mouse travel west. (N)	2 on Your Side Seinfeld "The Finale" (SC)	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 Une femme poursuit un ami. (N)	Huissiers (N)	Haute sécurité (N)	** "Les Losers" (2010, Action) Jeffrey Dean Morgan. Des commandos pourchassent l'homme qui les a trahis.	Atomes crochus	NVL (N)	Zone Séduction			
WUHF	-	363	Modern Family (N) (SC)	Modern Family (N) (SC)	The Big Bang Theory (N) (N)	The Big Bang Theory (N) (N)	Hell's Kitchen The chefs cook with exotic meats. (N)	(:01) The Exorcist Bennett and Mouse travel west. (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (SC)	DailyMailTV (N) (N) (SC)	Impractical Jokers (N) (SC)	All in the Family (N) (SC)		
WETK	-	-	PBS NewsHour (N) (N) (SC)	BBC News-night	Vermont This Week (N) (N)	Washington Week (N) (N)	Festive Europe	Hamilton's America The Broadway musical "Hamilton." (N) (SC)	Bee Gees: One Night Only Las Vegas concert. (N) (SC)					
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (SC)	Mountain Lake Journal	New York Now (N) (SC)	Memory Rescue With Daniel Amen, MD Ways to strengthen one's memory. (N) (SC)	BBC World News (N) (SC)	To Be Announced				
A&E	615	520	(5:00) Live PD "Live PD -- 11.25.17" Riding along with law enforcement. (N) (SC)	(:06) Live PD: Rewind "Live PD: Rewind No. 64" (N) (N)				Live PD "Live PD -- 12.01.17" Riding along with law enforcement. (N) (N) (Live) (SC)					Live PD (N) (SC)	
BRAVO	620	523	Bones Brennan and Booth go to Los Angeles. (N) (SC)	Bones Brennan becomes a suspect in a case. (N) (SC)	Bones Brennan is accused of murder. (N) (SC)	Bones A powerful divorce lawyer is murdered. (N) (SC)	Bones An explosion in a hotel garage. (N) (SC)	Bones The death of a truck company employee. (N) (SC)	Bones (N) (SC)					
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 "No Parking" (SC) (DVS)	Daily Planet (N) (SC) (DVS)	Highway Thru Hell "No Man's Land" (SC) (DVS)	Secrets of the Underground (SC)	Mayday American Airlines Flight 77. (SC) (DVS)	Mayday Flight's emergency landing in Anchorage.	Ghosts					
HIST	522	506	American Pickers An eccentric man commands the guys.	Counting Cars (SC)	Counting Cars (SC)	The Hunt for the Zodiac Killer (N) (SC)	Ancient Aliens "The Majestic Twelve" (N) (SC)	Breaking Mysterious "Strange Earth" (N) (SC)	Hunting Nazi Treasure The team searches for a painting.	Ancient Aliens (N) (SC)				
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (SC)	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 A sailor needs a bone marrow transplant. (N)	NCIS "Spinning Wheel" Ducky is attacked. (N)	**** "Indiana Jones and the Raiders of the Lost Ark" (1981) Harrison Ford. An archaeologist races Nazis to find a powerful relic. (N) (SC)	**** "Indiana Jones and the Temple of Doom" (1984, Adventure) Harrison Ford, Kate Capshaw. (N) (SC)								
SLICE	601	562	Million Dollar Listing Los Angeles (N) (SC)	Don't Be Tardy ... (N)	Don't Be Tardy ... (N)	Don't Be Tardy ... (N)	Don't Be Tardy ... (N)	** "We're the Millers" (2013, Comedy) Jennifer Aniston, Jason Sudeikis. A dealer goes to Mexico with a fake family to score drugs. (N) (SC)	** "We're the Millers" (2013) Jennifer Aniston. (N)					
SPIKE	628	584	Cops "New Jersey" (SC)	Cops "Coast to Coast" (N)	Cops "Jacksonville" (N)	Cops "Coast to Coast" (N)	Cops (N) (SC)	Cops (N) (SC)	Bellator MMA Live Featherweight champion Julia Budd puts her title on the line against Australian Arlene Blencowe. (N)	(:15) Cops (N) (SC)	Cops (N) (SC)	Cops "Liar, Liar No. 4" (N)		
TLC	521	560	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Say Yes to the Dress (N)	Unexpected Lexus thinks she's in labor. (N) (SC)	Unexpected Kelsey realizes Lexus isn't prepared. (N) (SC)	Unexpected Lexus finally gives birth. (N) (SC)	Unexpected Lexus thinks she's in labor. (N) (SC)	Unexpected Lexus thinks she's in labor. (N) (SC)	Unexpected (N) (SC)		
TSN	400	400	SportsCentre (N) (Live) (SC)	Raptors Pre-game (N)	NBA Basketball Indiana Pacers at Toronto Raptors. From Air Canada Centre in Toronto. (N) (Live) (SC)	SportsCentre (N) (Live) (SC)	SportsCentre (N) (Live) (SC)	SportsCentre (N) (Live) (SC)	SportsCentre (N) (Live) (SC)	SportsCentre (N) (Live) (SC)	SC With Jay and Dan (N)			
YOUTH	551	542	Henry Danger	I Am Frankie	School	School	Ice Age	"Snow Buddies" (2008) Dominic Scott Kay. Premiere. (N)	Ice Age	Assembly	Assembly	Jr. Detective		

# Your week on TV

## SATURDAY DAYTIME DECEMBER 2, 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 "Cersei"	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Tai Cheng	College Basketball Indiana at Michigan. From Crisler Center in Ann Arbor, Mich. (N) (Live)			The Drive to Atlanta	College Football		
WPTZ 5	-	(7:00) Today (N) (LIVE)	Hanna Into the Wild	Teen Kids News (N)	Champ Within	The Voyager	Wilderness Vet	Journey-Dreyer	Naturally, Danny Seo	Give (DVS)	Premier League Soccer Arsenal FC vs Manchester United FC. (N) (Live)			PGA Tour Golf Hero World Challenge, Third Round. (N) (LIVE)				
CBMT 6	206 301	(:15) Lazoo (N)	Napkin Man	Arthur (N)	Wandering Wenda (N)	(:15) Book-aboo (N)	Daniel Tiger	Napkin Man	The Studio K Show (N)	Our Montreal (N)	To Be Announced			Alpine Skiing	Snowboarding			
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 gags full ado	* "Jack et Jill" (2011, Comédie) Adam Sandler, Katie Holmes. (SC)		"Chemin"	
WMTW 8	-	Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	Sea Rescue (N) (LIVE)	The Wildlife Docs	Rock the Park	Vacation Creation	College Football AAC Championship -- Memphis vs Central Florida. (N) (Live)					College Football Scoreboard (N) (LIVE)			
CKSH 9	108	Sonic Boom	Blinky Bill	Les roltronics	Brigade animo	Transformatic	Estrie	Ricardo (SC)	L'épicerie (SC)	Telejournal	La facture (SC)	Enquête (SC)		Au suivant (SC)		Inspecteur Barnaby (N) (LIVE)		
CKMI 11	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	Massive Moves	Paid Program	Powerboat Television	Driving Television	Treasures Decoded "Great Pyramid"		Food Truck Face Off (N)		** "Transformers: Age of Extinction" (2014, Action) Mark Wahlberg, Stanley Tucci. (LIVE)				
CFCF 12	205 312	Your Morning Weekend (N) (LIVE)		It Is Written (N)	Corner Gas (N)	Operation Smile (N)	It Is Written (N)	House Money (N)	SportsCentre (N) (LIVE)	The Disruptors (N)	Moneytalk (N)	"Northpole: Open for Christmas" (2015, Fantasy) Lori Loughlin, Bailee Madison. (LIVE)						
WVNY 22	-	Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	Sea Rescue (N) (LIVE)	The Wildlife Docs	Rock the Park	Vacation Creation	College Football AAC Championship -- Memphis vs Central Florida. (N) (Live)					College Football Scoreboard (N) (LIVE)			
WUTV 30	-	Facelift in Minutes	Paid Program	Paid Program	Paid Program	Copper Chef	Paid Program	Paid Program	100000 Came	Col. Pre-game	College Football Big 12 Championship -- TCU vs Oklahoma. (N) (Live)							
CFKS 31	106 726	"Coup de foudre par erreur" (2016, Drame sentimental) Lexi Giovagnoli, Brant Daugherty.					RPM	RPM Plus			Infopublicité	Occupation Double Bali		** "Le Petit Nicky" (2000, Comédie) Adam Sandler, Patricia Arquette, Harvey Keitel.				
WUHF	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci (N)	Copper Chef	Paid Program	Paid Program	100000 Came	Col. Pre-game	College Football Big 12 Championship -- TCU vs Oklahoma. (N) (Live)						
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	Rick Steves Special: European Christmas Holiday customs and practices in Europe. (N) (LIVE)		Great Performances (N) (LIVE)			
WCFE	-	-	Daniel Tiger	Splash-Bubbles	Curious George	Nature Cat (N)	Rick Steves Special: European Christmas Holiday customs and practices in Europe. (N) (LIVE)			Memory Rescue With Daniel Amen, MD Ways to strengthen one's memory. (N) (LIVE)			Classical Rewind Classical masterpieces. (N) (LIVE)		Celtic Woman			
A&E	615	520	Flipping Vegas Creepy coldblooded creatures.	Zombie House Flipping (N)	Zombie House Flipping (N)	Zombie House Flipping (N)	Zombie House Flipping (N)	Zombie House Flipping (N)	Dog & Beth: Fight of Their Lives Beth Chapman battles throat cancer. (N) (LIVE)	The First 48 (N) (LIVE)		The First 48 (N) (LIVE)						
BRAVO	620	523	Blue Bloods "Worst Case Scenario" (N)	Blue Bloods "Absolute Power" (DVS)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	Blue Bloods "With Friends Like These" (N)	Bones An explosion in a hotel garage. (N) (LIVE)	Blue Bloods "Worst Case Scenario" (N)	Blue Bloods "Absolute Power" (DVS)	Blue Bloods "Absolute Power" (DVS)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	Blue Bloods (N) (LIVE)	
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	CNN Newsroom	Newsroom	Global	CNN Newsroom	CNN Newsroom	
DISC	520	505	Highway Thru Hell "No Man's Land"	Edge of Alaska "Deal With the Devil" (N)	Heavy Rescue: 401 "All Around Us"	Dual Survival Trapped in a pitch-black cavern.	Alaska: The Last Frontier (N) (LIVE)	Mayday "Turning Point" (N) (LIVE)	Paranormal Lockdown "Shrewsbury Prison"	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	Paranormal Lockdown "Monroe House" (N)	
HIST	522	506	Paid Program (N)	Paid Program (N)	Ice Road Truckers "Helter Melter" (N)	American Pickers "Hot Rod Hero" (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	** "Robin Hood: Prince of Thieves" (1991) Kevin Costner, Morgan Freeman. The legendary outlaw rallies villagers against tyranny. (N) (LIVE)	"Indiana Jones"	"Indiana Jones"	"Indiana Jones"	"Indiana Jones"	"Indiana Jones"	"Indiana Jones"	"Indiana Jones"	
RDI	126	730	(5:30) RDI matin weekend (N) (SC)					L'info (N) (SC)	Isabelle Richer	Telejournal	Telejournal	Le National (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	Paid Program (N)	NCIS Ducky is attacked. (DVS)	*** "Indiana Jones and the Raiders of the Lost Ark" (1981, Adventure) Harrison Ford, Karen Allen. (LIVE)			** "Star Wars: Episode I -- The Phantom Menace" (1999) Liam Neeson. Young Anakin Skywalker begins to learn about the Force. (N) (LIVE)			"Star Wars: Episode II -- Attack"							
SLICE	601	562	PiYo Workout! (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	Million Dollar Listing Los Angeles (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Million Dollar Listing New York (N) (LIVE)	Chrisley Knows	Chrisley Knows	
SPIKE	628	584	Paid Program (N)	Paid Program (N)	Bar Rescue "Crayons & Anger Lines"	Bar Rescue "Bad to the Bone"	Bar Rescue "In a Pinch"	*** "Jurassic Park" (1993, Adventure) Sam Neill, Laura Dern. Cloned dinosaurs run amok at an island-jungle theme park. (N) (LIVE)			** "The Lost World: Jurassic Park" (1997)							
TLC	521	560	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Hoarding: Buried Alive 16-year old Haley. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	Hoarding: Buried Alive Filled floor to ceiling. (N) (LIVE)	
TSN	400	400	Premier League Soccer vs Newcastle United FC. (N)	Chelsea FC vs Liverpool FC. (N) (Live)	Pregame	Premier League Soccer vs Liverpool FC. (N) (Live)	Brighton & Hove Albion FC vs Liverpool FC. (N) (Live)	Premier League	Motoring TV (N)	2017 NASCAR Pinty's Series: Year in Review	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 1. (N) (Live)	
YOUTH	551	542	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Turtles	Turtles	Ice Age	"Snow Buddies" (2008) Dominic Scott Kay. (N) (LIVE)	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	

## SATURDAY EVENING DECEMBER 2, 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	-	College Football SEC Championship -- Georgia vs Auburn. (N) (Live)								Channel 3 News	Kevin Can Wait (N)	Man With a Plan (N)	NCIS: New Orleans "Course Correction"	48 Hours (N) (LIVE)	Channel 3 News	Patriots All Access				
WPTZ 5	-	PGA Golf			Alpine Skiing		NBC5 News at 6	Nightly News	Jeopardy! (N)	Wheel of Fortune	Will & Grace (N)	Superstore (N)	Dateline NBC "The Knock at the Door"	Saturday Night Live (N) (LIVE)	NBC5 News	(:29) Saturday Night Live (N) (LIVE)				
CBMT 6	206 301	Speed Skating ISU World Cup. (N) (LIVE)		Alpine Skiing		Montreal News	Hockey Central	NHL Hockey Toronto Maple Leafs at Vancouver Canucks. From Rogers Arena in Vancouver, British Columbia, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)	NHL Hockey Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Calgary, Alberta, Canada. (N) (LIVE)		
CHLT 7	107 718	(3:45) "Le Chemin du retour" (2008, Drame) Peter Coyote, Jason London. (SC)					TVA nouvelles (N)	** "Nuit et jour" (2010, Action) Tom Cruise, Cameron Diaz. (DVS) (SC)	(:36) *** "Le seul survivant" (2013) Mark Wahlberg. Des soldats sont pris au piège pendant une opération.			(:14) TVA nouvelles	(:44) ** "Gatsby le magnifique" (2013)							
WMTW 8	-	World of X Games		Cars.TV (N)	Homes & Estates	WMTW News 8 at 6	World News	The '60s	Jeopardy! (N)	(:07) College Football ACC Championship -- Miami vs Clemson. (N) (Live)								WMTW News 8	Rizzoli & Isles (N)	
CKSH 9	108	(3:00) Inspector Barnaby (N) (SC)	La semaine verte (N) (SC)		Telejournal Estrie	La petite vie (SC)	Un homme à la mer (Séries Premiere) (N)	Victoria "Une femme comme les autres"	Les liens du sang Vito sort de prison.	Le Télé-journal	Les Bougon: la vie	(:02) Dre Grey, leçons d'anatomie (N)	L'incroyable							
CKMI 11	-	(2:00) ** "Transformers: Age of Extinction" (2014, Action) (LIVE)		Focus Montreal	Global News at 6	Global National	Border Security	Border Security	"Season's Greetings" (2016, Romance) Laura Bell Bundy. Premiere. (N) (LIVE)	Engels	Engels	Global News	(:29) Saturday Night Live (N) (LIVE)							
CFCF 12	205 312	The Goldbergs (N)	The Original Santa Claus Parade (N)			CTV News Montreal (N) (LIVE)	W5 An interview with Gordon Lightfoot. (N) (LIVE)	"Tis the Season for Love" (2015, Romance) Sarah Lancaster, Brendan Penny. (N) (LIVE)	The Indian Detective (N) (LIVE)	News-Rinaldo	CTV News Montreal	CTV News Montreal	CTV News Montreal	CTV News Montreal	CTV News Montreal	CTV News Montreal	CTV News Montreal	CTV News Montreal		
WVNY 22	-	World of X Games		The '60s	Burnett	World News	Local 22 News (N)	Extra (N) (LIVE)	(:07) College Football ACC Championship -- Miami vs Clemson. (N) (Live)								Local 22 News (N)	Scandal (N) (LIVE)		
WUTV 30	-	FOX College Football Extra (N) (LIVE)		College Basketball Ohio State at Wisconsin. From Kohl Center in Madison, Wis. (N) (LIVE)			FOX College Football Pregame (N) (LIVE)	College Football Big Ten Championship -- Ohio State vs Wisconsin. (N) (Live)										Hell's Kitchen "Welcome to the Jungle"		
CFKS 31	106 726	** "Madagascar 3 - Bons baisers d'Europe" (2012, Enfants) Voices of Ben Stiller.					*** "Harry Potter et la chambre des secrets" (2002, Enfants) Daniel Radcliffe, Rupert Grint. Trois apprentis sorciers enquêtent au péril de leur vie.			** "Rambo 3" (1988, Action) Sylvester Stallone. Un soldat d'élite organise une opération pour libérer un ami.					Un soldat	Zone Séduction				
WUHF	-	363	FOX College Football Extra (N) (LIVE)		College Basketball Ohio State at Wisconsin. From Kohl Center in Madison, Wis. (N) (LIVE)			FOX College Football Pregame (N) (LIVE)	College Football Big Ten Championship -- Ohio State vs Wisconsin. (N) (Live)										WHAM News	Hell's Kitchen
WETK	-	-	(3:00) Great Performances (N) (LIVE)		Celtic Thunder Christmas Holiday standards and originals. (N) (LIVE)		Christmas With Daniel O'Donnell (N) (LIVE)	Carol Burnett's Favorite Sketches (N) (LIVE)	The 80s (My Music) Celebration of pop hits from the 1980s. (N) (LIVE)			70s Soul Superstars (My Music) (N) (LIVE)								
WCFE	-	-	(3:30) Celtic Woman -- Homecoming: Ireland (N) (LIVE)		American Masters This Is Bob Hope ... The career of entertainer Bob Hope. (N) (LIVE)			Victor Borge: 100 Years of Music & Laughter! (N) (LIVE)	Great Performances Tribute to producer David Foster. (N) (LIVE)			How Not to Die With Michael Greger, MD (N) (LIVE)								
A&E	615	520	The Menendez Murders: Erik Tells All		Live PD "Live PD -- 11.24.17" Riding along with law enforcement. (N) (LIVE)			(:06) Live PD: Rewind (N) (LIVE)	Live PD "Live PD -- 12.02.17" Riding along with law enforcement. (N) (LIVE)			Live PD (N) (LIVE)								
BRAVO	620	523	Blue Bloods "With Friends Like These"		Major Crimes "Under the Influence" (N) (LIVE)		Major Crimes "I, Witness" (N) (LIVE)	Major Crimes "D.O.A." (N) (LIVE)	Criminal Minds "To Bear Witness" (N) (LIVE)	Law & Order: Special Victims Unit (N) (LIVE)	The Good Doctor "Intangibles" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)	Major Crimes "Under the Influence" (N) (LIVE)		
CNN	500	500	CNN Newsroom		CNN Newsroom		Smerconish (N) (LIVE)	The Axe Files	CNN Newsroom	CNN Special Report	This Is Life	This Is Life	This Is Life	This Is Life	This Is Life	This Is Life	This Is Life	This Is Life		
DISC	520	505	Highway Thru Hell "No Man's Land"		Secrets of the Underground (N) (LIVE)		Tougher Looks	Tougher Looks	Last Stop Garage	Last Stop Garage	Gold Rush "Inferno" (N) (LIVE)	Highway Thru Hell "No Man's Land"	Misfit Garage "Fairlane Gets Fired up"	Moonshiners "Snake Bitten" (N) (LIVE)	Highway Thru Hell	Highway Thru Hell	Highway Thru Hell			
HIST	522	506	(3:30) *** "Indiana Jones and the Last Crusade" (1989) Harrison Ford. (N) (LIVE)			Vikings "The Departed" Heahmund rallies the Saxons. (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	*** "Indiana Jones and the Last Crusade" (1989, Adventure) Harrison Ford, Sean Connery. (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)	Pawn Stars (N) (LIVE)		
RDI	126	730	L'info (N) (SC)	Journal France 2	Le Télé-journal	L'épicerie (N) (SC)	La semaine verte (N) (SC)	Le National (N)	Le National (N)	Découverte (N) (SC)	Le Télé-journal	Les grands reportages (SC)	La facture (N) (SC)	Le Télé-journal	Le National	Le National	Le National			
SHOW	616	521	(3:00) ** "Star Wars: Episode II -- Attack of the Clones" (2002) Ewan McGregor. (N) (LIVE)			*** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman. (N) (LIVE)			** "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson, Ewan McGregor. (N) (LIVE)			** "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson, Ewan McGregor. (N) (LIVE)								
SLICE	601	562	** "The Break-Up" (2006) Vince Vaughn. A couple end their relationship, but neither is willing to move. (N) (LIVE)			* "The Bounty Hunter" (2010) Jennifer Aniston. A bounty hunter must track down his bail-jumping ex-wife.			*** "Marley & Me" (2008) Owen Wilson. A couple's new puppy grows up to become an incorrigible handful.			** "The Break-Up" (2006) Vince Vaughn.								
SPIKE	628	584	(3:00) ** "The Lost World: Jurassic Park" (1997, Adventure) Jeff Goldblum. (N) (LIVE)			*** "Jurassic Park III" (2001, Adventure) Sam Neill, William H. Macy. (N) (LIVE)			*** "Jurassic Park" (1993, Adventure) Sam Neill, Laura Dern. Cloned dinosaurs run amok at an island-jungle theme park. (N) (LIVE)			** "The Lost World: Jurassic Park" (1997) Jeff Goldblum. (N) (LIVE)								
TLC	521	560	Hoarding: Buried Alive (N) (LIVE)		Hoarding: Buried Alive (N) (LIVE)		Cake Boss (N) (LIVE)	Cake Boss (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)	(:02) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	(:02) Cake Boss (N) (LIVE)	Cake Boss (N) (LIVE)		
TSN	400	400	Curling		SportsCentre	UEFA C	SportsCentre (N) (Live)	Curling 2017 Roar of the Rings Olympic Trials: Draw 2. From the Canadian Tire Centre in Ottawa. (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre (N) (Live)		
YOUTH	551	542	Loud	Loud	Loud	Mysticons	*** "Home Alone" (1990) Macaulay Culkin. (N) (LIVE)			** "Home Alone 2: Lost in New York" (1992) (N) (LIVE)			Just Kid	Just Kid	Home Aln	Home Aln	Home Aln	Home Aln		

# Your week on TV

## SUNDAY DAYTIME DECEMBER 3, 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) (Live)		NFL Football New England Patriots at Buffalo Bills. (N) (Live)					
WPTZ	5	-	Sunday Today With Willie Geist (N)		Meet the Press (N)		Soledad O'Brien		On the Money (N)		Rizzoli & Isles "Lost & Found" (N)		GSL: 50 Greatest Legends		PGA Tour Golf Hero World Challenge, Final Round. (N) (Live)			
CBMT	6	206 301	Coronation Street (N)	Coronation Street (N)	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 (N)		Keep Calm	Exhibition- lists
CHLT	7	107 718	(6:00) Salut bonjour week-end (N) (SC)				** "Le temps n'est rien" (2009) Rachel McAdams, Eric Bana. Premiere. (DVS) (SC)		TVA nouvelles (N)		La victoire de l'amour	Infopub- licité (SC)	Défilé du Père-Noël destination		"Aventures à Zambezie" (2012) Voices of Jeremy Suarez. (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 Ben- efits	Paid Pro- gram	Paid Pro- gram	AAA Ben- efits	Airfryer Oven		Chew: Snowed	30 for 30
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)		** "Petit Poulet" (2005) (DVS) (SC)		
CKMI	11	-	Fishful Thinking	Bomb Girls- umn" (DVS)	"Fifth Col- umn" (DVS)	Lorna Dueck	Joel Osteen	Paid Pro- gram	The West Block (N)	Focus Montreal	Entertainment Tonight (N)	Rookie Blue (DVS)	"Stung" (N)	Donut Showdown	Carnival Eats (N)	Eat St. (N)	** "Rock of Ages"	
CFCF	12	205 312	etalk (N)	The Social (N)	Operation Smile (N)		Celebrity Style Story	Church of the Rock	Question Period (N)		SportsCentre (N)		NFL Football New England Patriots at Buffalo Bills. (N) (Live)					
WVNY	22	-	Good Morning America (N)		This Week W/ George Stephanopoulos		What Mat- ters	The Key of David	Paid Pro- gram	Paid Pro- gram	Paid Pro- gram	Paid Pro- gram	Paid Pro- gram	AAA Ben- efits	Paid Pro- gram	AAA Ben- efits	Chew: Snowed	30 for 30
WUTV	30	-	The Ernest Angley Hour		FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	Paid Pro- gram	Paid Pro- gram	FOX NFL Sunday (N) (Live)		** "The In-Laws" (2003) Michael Douglas. A CIA agent wreaks havoc on his future in-law.		Ring of Honor Wrestling (N)			
CFKS	31	106 726	"L'amour en huit leçons" (2012, Drame sentimental) Eric Mabius, Brooke D'Orsay.				RPM (N)		RPM Plus (N)		Zone VL	Trouve-moi ça!	CSI: Miami Un yacht prend feu. (N) (SC)	** "Week-end chez Bernie" (1989, Comédie) Andrew McCarthy, Jonathan Silverman.				
WUHF	-	363	Wild America	Paid Pro- gram	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	FOX NFL Kickoff (N) (Live)		FOX NFL Sunday (N) (Live)		NFL Football Minnesota Vikings at Atlanta Falcons. (N) (Live)					
WETK	-	-	Daniel Tiger	Splash- Bubbles	Curious George	Nature Cat (N)	Ready Jet Go! (N) (EI)	Wild Kratts	To the Contrary	Vermont This Week	Ed Slott's Retirement Roadmap 2017 Planning for retirement. (N)		Alan Jackson Precious Memories (N)		Visions of Europe (N)			
WCFE	-	-	Daniel Tiger	Splash- Bubbles	Washing- ton Week	Scully: World	Mountain Lake	New York Now	To Be An- nounced	Age Reversed With Miranda	Eat to Live With Joel Fuhrman, MD Dr. Fuhrman's plan supports weight loss. (N)		"The 46ers" (2015, Documentary) Nar- rated by John Kearney.					
A&E	615	520	Storage Wars (N)	Storage Wars (N)	American Pickers "Frank's Pacemaker"		American Pickers (N)	American Pickers "Too Hot to Handle"	Ozzy and Jack's World Detour (N)		Ozzy and Jack's World Detour (N)		Ozzy and Jack's World Detour (N)		Storage Wars (N)		Storage Wars (N)	
BRAVO	620	523	Pop Life (N)	** "A Christmas Carol" (1951) Alastair Sim. A London miser meets cautionary spirits. (N)			**** "It's a Wonderful Life" (1946) James Stewart. An angel saves a distraught businessman from suicide. (N)		(:15) "Angels and Ornaments" (2014) Jessalyn Gilsig, Sergio Di Zio, Graham Abbey. (N)		(:15) *** "A Christmas Carol" (1951) (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	Last Stop Garage	Last Stop Garage	Tanked (N)		Treehouse Masters (N)	Yukon Men "Running on Empty" (N)	Bering Sea Gold "Big Cold Gold" (N)		Heavy Rescue: 401 (N) (DVS)		Gold Rush "Inferno" (N)		Highway Thru Hell "No Man's Land" (N)			
HIST	522	506	Paid Pro- gram (N)	Paid Pro- gram (N)	Hunting Nazi Treasure "Missing Masterpiece"		American Pickers "Mike's Big Buy" (N)	Pawn Stars (N)	Pawn Stars (N)		** "Indiana Jones and the Last Crusade" (1989, Adventure) Harrison Ford, Sean Connery. (N)		Pawn Stars (N)		Forged in Fire "Knights Templar" (N)			
RDI	126	730	(5:30) RDI matin weekend (N) (SC)				L'info (N) (SC)	L'épicerie (SC)	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)	L'info (N) (SC)
SHOW	616	521	Paid Pro- gram (N)	Paid Pro- gram (N)	Marvel's Runaways Everyone is on edge.		Marvel's Runaways "Destiny" (N)	** "Star Wars: Episode I -- The Phantom Menace" (1999) Liam Neeson. Young Anakin Skywalker begins to learn about the Force. (N)		** "Star Wars: Episode II -- Attack of the Clones" (2002) Ewan McGregor. (N)								
SLICE	601	562	Paid Pro- gram (N)	Paid Pro- gram (N)	Paid Pro- gram (N)	Paid Pro- gram (N)	Chrisley Knows	** "Wanderlust" (2012, Comedy) Paul Rudd, Jennifer Aniston, Justin Theroux. (N)		** "He's Just Not That Into You" (2009) Ben Affleck. Men and women navigate through complex relationships. (N)		** "Marley & Me" (2008) Owen Wilson.						
SPIKE	628	584	Paid Pro- gram (N)	Paid Pro- gram (N)	Xtreme Off Road (N)	Engine Power (N)	Truck Tech (N)	Detroit Muscle (N)	** "The Longest Yard" (2005, Comedy) Adam Sandler, Chris Rock. Prisoners train for a football game against the guards. (N)		Bar Rescue "Bottom- less Pit"		Bar Rescue "Brawlin' Babes"					
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	90 Day Fiancé "Crossing the Line" Andrei reveals the status of his visa. (N)			
TSN	400	400	SportsCentre (N)		Curling 2017 Roar of the Rings Olympic Trials: Draw 3. From the Canadian Tire Centre in Ottawa. (N) (Live)		Rings Olympic Trials: Draw 3. From the Canadian Tire Centre in Ottawa. (N) (Live)	2017 NASCAR Pinty's Series: Year in Review	Timbers- ports	SC (N)	Curling 2017 Roar of the Rings Olympic Trials: Draw 4. (N) (Live)							
YOUTH	551	542	Sponge.	Sponge.	Sponge.	Loud	Loud	(:45) *** "Home Alone" (1990) Macaulay Culkin. (N)		(:15) ** "Home Alone 2: Lost in New York" (1992) (N)								Home 3

## SUNDAY EVENING DECEMBER 3, 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)	Paid Pro- gram	Paid Pro- gram	Channel 3 News	Weekend News	60 Minutes "50 Years of 60 Minutes" (N)		The Carol Burnett 50th Anniversary Special Celebrating "The Carol Burnett Show." (N)		NCIS: Los Angeles "Queen Pin" (N)		Channel 3 News		CSI: Miami "Broken Home" (N)			
WPTZ	5	-	Golf 2017 World Long Drive Championship.		Alpine Skiing		NBC5 News at 6	Nightly News	Football Night in America (N) (Live)		(:20) NFL Football Philadelphia Eagles at Seattle Seahawks. (N) (Live)		NBC5 News		Soledad O'Brien					
CBMT	6	206 301	Alpine Skiing		*** "Beauty and the Beast" (1991, Children's) Voices of Paige O'Hara. (N)		Heartland "Challenges"	"A Christmas Fury" (2017, Drama) Mary Walsh, Mark McKinney. Premiere. (N)		The National (N) (N)		Montreal News		the fifth estate "Death Behind Bars"						
CHLT	7	107 718	(:15) *** "Kung Fu Panda" (2008, Enfants) Voices of Jack Black, Angelina Jolie. (SC)		TVA nouvelles (N)	Vlog (N) (SC)	L'expérience Messmer (N) (Part 2)	Louis-José Houde : Les heures verticales	Les beaux Noëls	TVA nouvelles (N)	** "Les vacances" (2006, Com. Sentimentale) Cameron Diaz, Kate Winslet. (SC)									
WMTW	8	-	(3:30) 30 for 30		The '60s	CMA Awards	WMTW News 8	World News	America's Funniest Home Videos (N)		America's Funniest Home Videos (N)		Shark Tank (N) (DVS)		Shark Tank (N) (DVS)		WMTW News 8	Soledad O'Brien	Person of Interest	
CKSH	9	108	** "Petit Poulet"	Histoire de jouets	Les grandes entrevues "Martin Petit"		Telejournal- nale Estrie	Découverte "Planète Terre 2 - Les jungles"	Ici Laflaque (N)		Tout le monde en parle (N) (SC)		(:15) Le Téléjournal avec Pascale Nadeau		(10:55) Infomax		(:25) Pour l'amour du country (SC)			
CKMI	11	-	(3:30) ** "Rock of Ages" (2012, Musical) Juli- anne Hough, Diego Boneta. (N)		Global News at 6	Global National	Border Security	The Simp- sons (N)	Famous-Canada's Walk of Fame 2017		Madam Secretary (N) (DVS)		NCIS: Los Angeles (N) (DVS)		Global News		The West Block	Focus Montreal		
CFCF	12	205 312	SportsCentre- (25) NFL Football New York Giants at Oakland Raiders. (N) (Live)				SportsCentre	Gotham Gordon tries to broker a deal. (N)	Shark Tank (N) (DVS)		Criminal Minds "A Place at the Table"		News- Rinaldo		CTV News Montreal		The Bea- verton (N)			
WVNY	22	-	(3:30) 30 for 30		All in the Family	The '60s	World News	Local 22 News (N)	America's Funniest Home Videos (N)		Shark Tank (N) (DVS)		Shark Tank (N) (DVS)		Local 22 News (N)		Graham Bensinger	Judge Judy (N)		
WUTV	30	-	To Be An- nounced	(:25) NFL Football Carolina Panthers at New Orleans Saints. (N) (Live)		The OT (N) (N)		The Simp- sons (N)	Ghosted (N) (N)		Family Guy (N)	Last Man- Earth	2 on Your Side at 10	Big Bang Theory	Ring of Honor Wres- tling (N)		Seinfeld "Pilot" (N)			
CFKS	31	106 726	"Week-end Bern"	(:15) ** "Rio 2" (2014, Enfants) Voices of Anne Hathaway, Jesse Eisenberg.		Occupation Double Bali (N)		OD plus en direct	Occupation Double Bali		** "Le dictateur" (2012) Sacha Baron Cohen, Anna Farris.		Zone Sé- duction							
WUHF	-	363	NFL Foot- ball	(:25) NFL Football Carolina Panthers at New Orleans Saints. (N) (Live)		The OT (N) (N)		The Simp- sons (N)	Ghosted (N) (N)		Family Guy (N)	Last Man- Earth	WHAM News	Sharyl Attkisson	Engage- ment	Paid Pro- gram	2 Broke Girls (N)			
WETK	-	-	(3:30) Visions of Europe (N)		Celtic Woman -- Homecoming: Ireland The female Irish group performs. (N)		JFK: The Lost Inaugural Gala (N)	Victoria Returns	Great Performances A concert honors Joan Baez. (N)		Celtic Woman -- Homecoming: Ireland The female Irish group performs. (N)		Memory Rescue With Daniel Amen, MD (N)							
WCFE	-	-	Classical Rewind Classical master- pieces. (N)		Great Performances Tribute to producer David Foster. (N)		Postmodern Jukebox -- The New Classics (N)		Celtic Woman -- Homecoming: Ireland The female Irish group performs. (N)		Live PD: Patrol		Live PD: Patrol		Live PD: Patrol		(12:03) "300" (N)			
A&E	615	520	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	** "Walking Tall" (2004) The Rock. A sheriff and a deputy try to rid their town of thugs.		** "300" (2006) Gerard Butler. Badly outnumbered Spartan warriors battle the Persian army. (N)		Good Behavior "Stay Beautiful" (N)		"Christmas in Angel Falls" (2017) Rachel Boston. (N)							
BRAVO	620	523	(3:15) *** "A Christ- mas Carol" (N)		(:15) **** "It's a Wonderful Life" (1946) James Stewart. An angel saves a distraught businessman from suicide. (N)		** "Christmas in Angel Falls" (2017, Drama) Rachel Boston, Paul Greene. (N)		Good Behavior "Stay Beautiful" (N)		"Christmas in Angel Falls" (2017) Rachel Boston. (N)									
CNN	500	500	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		Anthony Bourd.		Anthony Bourd.		Anthony Bourd.		Anthony			
DISC	520	505	Misfit Garage "Fairlane Gets Fired up"		Alaskan Bush People "Field of Dreams"		Mighty Ships "Northern Leader"		Mighty Ships "MS Nor- rona" (N)		Alaska: The Last Fron- tier Exposed (N)		Alaska: The Last Fron- tier (N) (N)		Buying Alaska		Buying Alaska	Mighty Ships		
HIST	522	506	Counting Cars	Counting Cars	Pawn Stars (N)	Pawn Stars (N)	American Pickers "Mike's Big Buy" (N)		Forged in Fire "Knights Templar" (N)		Hunting Nazi Treasure		Mountain Men "Long Shot" (N) (N)		The Curse of Oak Island "Close Call" (N)		The Hunt for the Zodiac Killer (N)	Mountain Men (N)		
RDI	126	730	L'info (N) (SC)	Journal France 2	Le Télé- journal (SC)	La facture (SC)	Enquête (N) (SC)	Le Na- tional (N)	Le Na- tional (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	"Star Wars: Episode II -- Attack"		*** "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fic- tion) Ewan McGregor, Natalie Portman. (N)		Marvel's Runaways "Destiny" (N)		** "The Hobbit: An Unexpected Journey" (2012, Fantasy) Ian McKellen, Martin Freeman. Bilbo Baggins joins the quest to reclaim a lost kingdom. (N)											
SLICE	601	562	(3:00) *** "Marley & Me" (2008) Owen Wilson. (N)		** "He's Just Not That Into You" (2009) Ben Affleck. Men and women navigate through complex relationships. (N)		The Real Housewives of Atlanta (N)		** "He's Just Not That Into You" (2009) Ben Affleck. Men and women navigate through complex relationships. (N)		** "Wanderlust" (2012) Paul Rudd. (N)									
SPIKE	628	584	** "Rush Hour" (1998, Action) Jackie Chan. Mismatched police partners seek a kidnapped girl. (N)		** "The Longest Yard" (2005) Adam Sandler, Chris Rock. Prisoners train for a football game against the guards. (N)		** "Rush Hour" (1998, Action) Jackie Chan. Mismatched police partners seek a kidnapped girl. (N)													
TLC	521	560	90 Day Fiancé "Welcome to Real Life" David and Annie begin the 90 days. (N)		90 Day Fiancé: More to Love "Out of Nowhere" David agitates Evelyn's parents. (N)		90 Day Fiancé "Wake Up Call" Molly asks Luis to step up as a parent. (N)		(:05) Unexpected "Home Alone" (N)		(:09) 90 Day Fiancé Molly asks Luis to step up as a parent. (N)									
TSN	400	400	Curling		SportsCentre- SC (N)		SportsCentre (N) (Live)		Football Night in America (N)		(:15) NFL Football Philadelphia Eagles at Seattle Seahawks. (N) (Live)									
YOUTH	551	542	(3:45) * "Home Alone 3" (1997) (N)		"Home Alone 4" (2002) French Stewart. (N)		*** "Home Alone" (1990) Macaulay Culkin. (N)		Hunter		Just Kid		Just Kid		Home 3					

# Your week on TV

MONDAY EVENING													DECEMBER 4, 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	Entertainment Tonight (N)	The Big Bang Theory (N)	Man With a Plan (N) (L)	Superior Donuts (N) (L)	9JKL "The Family Plot"	Scorpion The protection of a seed bank goes awry. (L)	Channel 3 News	(:35) The Late Show With Stephen Colbert (L)		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (L)	Wheel of Fortune (N) (L)	The Voice "Live Top 10 Performances" The top 10 artists perform live. (N) (L) (Live) (L)	(:01) The Wall Holiday-themed trivia questions. (N)	(:01) Frankie Drake Mysteries "Out of Focus" (N) (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (L)			
CBMT	6	206	301	CBC Montreal News (N)	On the Money	Coronation Street (N) (L)	Coronation Street (N) (L)	Murdoch Mysteries Bracken- reid investigates a murder. (L)	(:01) Frankie Drake Mysteries "Out of Focus" (N) (L)	The National (N) (L)	CBC Montreal News (N)	Coronation Street (L)	Coronation Street (L)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Les gags (SC)	** "Éternelle Adaline" (2015) Blake Lively. Première. Après un accident, la belle Adaline cesse de vieillir. (SC)	(:45) Vlog (N) (SC)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin Sarah-Jeanne Labrosse.	(:35) Jimmy Kimmel Live (L)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L)	The Great Christmas Light Fight (Season Premiere) A wireless light show and more. (N) (L) (L)	The Good Doctor "Sacrifice" (N) (L)	WMTW News 8 at 11 (N)	(:05) Marina Orsini "Décor de Noël" Sapins, centres de table et biscuits. (SC)	(:35) The Late Show With Stephen Colbert (L)			
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N)	Trop (Season Finale) (N)	Saint-Élie-de-Légendes "Hélène et Daniel Tremblay" (N)	Le siège La tension est à son paroxysme. (L)	Le Téléjournal avec Céline Galipeau (N) (SC)	(:01) The Wall Holiday-themed trivia questions. (N)	(:35) The Late Show With Stephen Colbert (L)			
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (L)	ET Canada	Entertainment Tonight (N)	The Simpsons Man With a Plan (N) (L)	Chicago Med Goodwin is forced to make changes. (N)	(:01) The Wall Holiday-themed trivia questions. (N)	News-Lisa	CTV News Montreal (N)	The Daily Show		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (L)	etalk (N) (L)	The Big Bang Theory (N)	The Big Bang Theory (N)	Lucifer Lucifer encounters the Sinnerman. (N) (L)	The Gifted "outfox" The team develops a risky plan. (N)	(:01) The Good Doctor "Sacrifice" (N) (L)	Local 22 News (N)	(:35) Jimmy Kimmel Live (L)			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (L)	The Great Christmas Light Fight (Season Premiere) A wireless light show and more. (N) (L) (L)	The Good Doctor "Sacrifice" (N) (L)	2 on Your Side at 10 (N)	Seinfeld "The Stakeout" (L)	Two and a Half Men (L)	Two and a Half Men (L)	Last Man Standing (L)	
WUTV	30	-	-	The Big Bang Theory (L)	Judge Judy (N) (L)	Judge Judy (N) (L)	Family Feud (N) (L)	Lucifer Lucifer encounters the Sinnerman. (N) (L)	The Gifted "outfox" The team develops a risky plan. (N)	2 on Your Side at 10 (N)	Seinfeld "The Stakeout" (L)	Two and a Half Men (L)	Two and a Half Men (L)	Last Man Standing (L)	
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Rire et délire (N)	Ambulances animales (N)	Scorpion "Le cabe de glace" Cabe est grièvement blessé. (L)	24 heures chrono: l'héritage (N) (SC)	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	* "Le Seul" (2001) Jet Li.	
WUHF	-	363	-	Modern Family (L)	Modern Family (L)	The Big Bang Theory (L)	The Big Bang Theory (L)	Lucifer Lucifer encounters the Sinnerman. (N) (L)	The Gifted "outfox" The team develops a risky plan. (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (L)	DailyMailTV (N) (L)	Impractical Jokers (L)	Paid Program (L)		
WETK	-	-	-	PBS NewsHour (N) (L)	The This Old House Hour Framing a wall; drain stack.	Antiques Roadshow "You Bet Your Life" prop duck.	Antiques Roadshow "You Bet Your Life" prop duck.	Antiques Roadshow "Anahaim" (Part 2 of 3) (L)	Independent Lens "Mimi and Dona" (L)	Nightly Business Report	To Be Announced	To Be Announced			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (L)	Great Performances "Moody Blues: Days of Future Passed Live" The Moody Blues perform in Toronto. (L)	The 80s (My Music) Celebration of pop hits from the 1980s. (L)	To Be Announced	To Be Announced					
A&E	615	520	-	The First 48 A Somali girl is executed in bed. (L)	The First 48 A woman is found strangled in her car.	The First 48: Gangland Police track lovers on the lam.	The First 48: Innocence Lost "Lester Street" (N) (L)	(:01) The First 48: Murder in the Family "Silent Rage" (L)	(:03) The First 48 An Atlanta man is shot and left to die.	The First 48: Gangland (L)					
BRAVO	620	523	-	Major Crimes The unit identifies a murder victim. (L)	Major Crimes Four wealthy people are left for dead. (L)	Major Crimes A man wants to withdraw his confession.	** "The National Tree" (2009) Children's Andrew McCarthy, Kari Matchett, Evan Williams. (L)	Major Crimes Rusty has a major breakthrough. (L)	Major Crimes (L)						
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 Hollywood crash clichés. (L)	Daily Planet "High Tech Toys Week" (N)	How It's Made Made by Destruction (N)	MythBusters Movie myth with rocket-powered sword.	Canada's Worst Driver "Ice, Ice Baby" (N) (L) (DVS)	Fast N' Loud Richard tries to unload '65 Mustang. (L)	MythBusters (L)					
HIST	522	506	-	American Pickers "Queen of Fortune" (N) (DVS)	Mountain Men Marty hunts the beasts of Kodiak Island.	The Curse of Oak Island "Close Call" (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)	American Pickers The guys find untouched inventory. (N)	American Pickers "Queen of Fortune" (N) (DVS)	Pawn Stars (L)				
RDI	126	730	-	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages "Vietnam - Guerre civile" (N)	Le Téléjournal avec Céline Galipeau (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)				
SHOW	616	521	-	NCIS "Deja Vu" A storm causes power outages. (L)	NCIS "Decompressed" A deep-sea diver is murdered.	Supergirl A mysterious symbol appears in the city. (N)	Travelers A traveler is on trial for conspiracy. (N) (L)	NCIS Abby's brother falls under suspicion. (L) (DVS)	Supergirl A mysterious symbol appears in the city. (L)	Travelers (L)					
SLICE	601	562	-	Vanderpump Rules "The Sociopath Test" (L)	Vanderpump Rules Lala dreads Ariana's birthday trip.	Vanderpump Rules Stassi's trip gets off to a rocky start.	Vanderpump Rules "Masquerade" (N) (L)	RelationShep Shep Rose searches for love. (N) (L)	Vanderpump Rules Stassi's trip gets off to a rocky start.	Vanderpump Rules (L)					
SPIKE	628	584	-	Cops "Coast to Coast" (L)	Cops "Coast to Coast" (L)	Cops "Seattle/Tacoma" (L)	Cops "Coast to Coast" (L)	Cops "Jacksonville" (L)	Cops Team-work. (L)	Cops "Seattle-Tacoma" (L)	Cops "Jacksonville" (L)	Cops "Sittin' in the Dark" (L)			
TLC	521	560	-	Long Island Medium Victoria goes speed dating. (L)	Long Lost Family "The Letters Just Stopped Coming" (Live) (L)	Long Lost Family "There's More to Saying Sorry" (N) (L)	(:02) Long Island Medium "Southern Fried Spirit" (N)	(:05) The Healer A girl who had a stroke in high school.	(:08) Long Lost Family (L)	Long Island Medium (L)					
TSN	400	400	-	Monday Night Countdown (N) (Live) (L)	(:15) NFL Football Pittsburgh Steelers at Cincinnati Bengals. (N) (Live)	SportsCentre (N) (L)	SC With Jay and Dan (N)								
YOUTH	551	542	-	Henry Danger	Thundermans	*** "Happy Feet" (2006) Voices of Elijah Wood, Robin Williams. (L)	*** "Happy Feet" (2006) Voices of Elijah Wood, Robin Williams. (L)	Happy Feet							

TUESDAY EVENING													DECEMBER 5, 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	Entertainment Tonight (N)	NCIS A murder is tied to Ducky's late mom. (L)	SEAL Team Clay's father comes to town. (L)	Bull A case of a widow claiming self-defense. (L)	Channel 3 News	(:35) The Late Show With Stephen Colbert (L)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (L)	Wheel of Fortune (N) (L)	The Voice The bottom three artists compete. (N) (L)	Will & Grace (N) (L)	Superstore (N) (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (L)			
CBMT	6	206	301	CBC Montreal News (N)	On the Money	Just for Laughs: Gags	Coronation Street (N) (L)	Rick Mercer Report (N) (L)	22 Minutes (N)	Kim's Convenience (N)	Mr. D (N) (L) (DVS)	The National (N) (L)	CBC Montreal News (N)	Coronation Street (L)	Rick Mercer Report (L)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Les gags (SC)	* "Une seconde chance" (2014) Michelle Monaghan, James Marsden, Luke Bracey. L'enterrement d'un ami réunit deux anciens amoureux. (SC)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin Sarah-Jeanne Labrosse.					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L)	The Middle "The 200th" (N)	Fresh Off the Boat (N) (L)	blackish (N) (L) (DVS)	The Mayor (N) (L)	Kevin (Probably) Saves the World "Chrysalis" (N) (L)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (L)	
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	La facture (N) (SC)	Crescendo Les prestations des six chorales. (SC)	Bye (N) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	(:05) Marina Orsini "Noël en famille" Claudette et Marie-Josée Taillefer. (SC)	(:35) The Late Show With Stephen Colbert (L)			
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (L)	ET Canada	Entertainment Tonight (L)	NCIS A murder is tied to Ducky's late mom. (L)	Will & Grace (N) (L)	Superstore (N) (L)	NCIS: New Orleans "End of the Line" (N) (L) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (L)		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (L)	etalk (N) (L)	The Big Bang Theory (L)	The Flash Amunet kidnaps and threatens Caitlin. (N) (L)	Disney Prep & Landing (L)	The Mayor (N) (L)	Kevin (Probably) Saves the World "Chrysalis" (N) (L)	News-Lisa	CTV News Montreal (N)	The Daily Show		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N) (L)	Inside Edition (N) (L)	The Middle "The 200th" (N)	Fresh Off the Boat (N) (L)	blackish (N) (L) (DVS)	The Mayor (N) (L)	Kevin (Probably) Saves the World "Chrysalis" (N) (L)	Local 22 News (N)	(:35) Jimmy Kimmel Live (L)	
WUTV	30	-	-	The Big Bang Theory (L)	Judge Judy (N) (L)	Judge Judy (N) (L)	Family Feud (N) (L)	Lethal Weapon Riggs deals with conspiracy theories. (N)	The Mick "The Divorce" (N)	Brooklyn Nine-Nine (N)	2 on Your Side at 10 (N)	Seinfeld "The Robbery" (L)	Two and a Half Men (L)	Two and a Half Men (L)	Last Man Standing (L)
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Heure limite Carter et Lee recherchent un individu. (SC)	Éternel Henry et Jo enquêtent sur un meurtre. (SC)	Pure Le stratagème déployé par Noah. (L) (DVS) (SC)	The Mick "The Divorce" (N)	Brooklyn Nine-Nine (N)	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	*** "Transe"
WUHF	-	363	-	Modern Family "Australia" (L)	Modern Family "Sleeper" (L)	The Big Bang Theory (L)	The Big Bang Theory (L)	Lethal Weapon Riggs deals with conspiracy theories. (N)	The Mick "The Divorce" (N)	Brooklyn Nine-Nine (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (L)	DailyMailTV (N) (L)	Impractical Jokers (L)	Paid Program (L)	
WETK	-	-	-	PBS NewsHour (N) (L)	Saving Our Waters "Canadian Perspectives on Water"	Finding Your Roots Sean Combs and LL Cool J. (L)	Finding Your Roots "Tragedy Plus Time Equals Comedy"	Frontline A family's fight against the government. (L)	Nightly Business Report	To Be Announced					
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (L)	Best of Mountainlake PBS	BBC World News (L)	To Be Announced						
A&E	615	520	-	The First 48 A hip-hop promoter is gunned down. (L)	The First 48 Police investigate two fatal shootings. (L)	The First 48 A homeless man is gunned down. (L)	The First 48: Innocence Lost "Family Bonds" (N) (L)	Who Killed Tupac? Marion "Suge" Knight's impact. (N)	(:08) Who Killed Tupac? "East Coast w/ West Coast" (L)	(12:03) The First 48 (L)					
BRAVO	620	523	-	CSI: Miami A spoiled heiress is found dead. (L)	CSI: Miami "Rampage" Gang members. (L)	CSI: Miami Horatio mourns a murder victim. (L)	Major Crimes A well-known attorney is found dead. (N)	19-2 "Sons" Ben faces consequences. (L) (DVS)	CSI: Miami "Dead Air" (L)	CSI: Miami "Open Water" (L)					
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 "Volunteer Special" Zombie weapons. (L)	Daily Planet "High Tech Toys Week" (N)	Gold Rush: Pay Dirt A forest fire threatens Parker's claim.	Gold Rush "The Mighty Up- percut" (N) (L)	Highway Thru Hell "Hooked" (Season Finale) (N)	Drain Alcatraz (L) (DVS)	Gold Rush (L)					
HIST	522	506	-	American Pickers "Going Down?" (N) (DVS)	Pawn Stars (L)	Pawn Stars (L)	American Pickers The guys find untouched inventory. (L)	Forged in Fire Five former champions return. (L)	Hunting Nazi Treasure "Blood Treasure" (N) (L)	American Pickers "Going Down?" (N) (DVS)	Forged in Fire (L)				
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 (N) (SC)	Le National (N) (SC)	24/60 (SC)				
SHOW	616	521	-	NCIS "Loose Cannons" Dr. Cyril Taft finds key evidence.	NCIS "After Hours" Errors are found in a closed case.	** "The Family Man" (2000, Romance-Comedy) Nicolas Cage, Tea Leoni, Don Cheadle. A Wall Street playboy wakes to an alternate suburban existence. (L)	NCIS "React" Navy secretary's daughter is abducted.	NCIS "Loose Cannons" (L)							
SLICE	601	562	-	Vanderpump Rules "Masquerade" (L)	RelationShep Shep Rose searches for love. (N) (L)	Sex and the City (N) (L)	Sex and the City (N) (L)	Don't Be Tardy... (N)	Don't Be Tardy... (N)	Stripped Ali and Justin embark on an experiment. (N) (L)	Sex and the City (N) (L)	Sex and the City (N) (L)	Don't Be Tardy... (L)		
SPIKE	628	584	-	Bar Rescue A novice owner created a money pit. (L)	Bar Rescue Social media mishaps hurt an owner. (L)	Bar Rescue A marriage and reputation are destroyed. (L)	Ink Master: Angels "Keep Austin Inked" (L)	Ink Master: Angels Looking for artists in New Orleans.	Tattoo Nightmares (L)	Tattoo Nightmares (L)	Tattoo Nightmares (L)				
TLC	521	560	-	Say Yes to the Dress (L)	Say Yes to the Dress (L)	Hodges Half Dozen The first family photo with the quints.	The Little Couple The family looks for a home; extended.	To Be Announced	Hodges Half Dozen (N) (L)	To Be Announced	Hodges Half Dozen (L)				
TSN	400	400	-	SportsCentre (N) (Live) (L)	Curling 2017 Roar of the Rings Olympic Trials: Draw 11. From the Canadian Tire Centre in Ottawa. (N) (Live) (L)	SportsCentre (N) (Live) (L)	SportsCentre (N) (Live) (L)	SportsCentre (N) (Live) (L)	SC With Jay and Dan (N)						
YOUTH	551	542	-	Game	Stanley Dyn.	*** "Happy Feet Two" (2011) Voices of Elijah Wood. (L)	*** "Happy Feet Two" (2011) Voices of Elijah Wood. (L)	Assembly	Assembly	Happy Feet 2					

# Your week on TV

WEDNESDAY EVENING													DECEMBER 6, 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	Entertainment Tonight (N)	Survivor (N) (DVS)	SEAL Team The teams rescue a Russian scientist. (N)	Criminal Minds Two conspiracy group members die. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)					
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	A Very Pentatonix Christmas (N) (DVS)	Law & Order: Special Victims Unit "Intent" (N) (DVS)	Chicago P.D. "Monster" Intelligence tracks a pill mill. (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)				
CBMT	6	206	301	CBC Montreal News (N)	On the Money	22 Minutes (N) (DVS)	Coronation Street (N) (DVS)	The Great Canadian Baking Show (N) (DVS)	Top of the Lake: China Girl (Season Finale) (N) (DVS)	The National (N) (DVS)	CBC Montreal News (N)	Coronation Street (N) (DVS)	Rick Mercer Report (N) (DVS)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Les gags (N) (SC)	La poule aux oeufs d'or (N) (SC)	** "Cher John" (2010) Channing Tatum. Premiere. Un soldat et une étudiante tombent amoureux. (DVS) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)					
WMTW	8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	The Goldbergs Speechless (N) (DVS)	Modern Family American Housewife (N) (DVS)	Designated Survivor Acting on letters to the president. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (DVS)				
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (SC)	Les pêcheurs Les Simone (DVS) (SC)	Le Téléjournal avec Céline Galipeau (SC)	(:05) Marina Orsini "Noël chic" Des maquillages et des vêtements. (SC)				
CKMI	11	-	(5:30) Global News at 5:30	Global National (N) (DVS)	ET Canada	Entertainment Tonight (N)	Survivor (N) (DVS)	SEAL Team The teams rescue a Russian scientist. (N)	Chicago P.D. "Monster" Intelligence tracks a pill mill. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)				
CFCF	12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	Criminal Minds Two conspiracy group members die. (N)	Law & Order: Special Victims Unit "Intent" (N) (DVS)	Designated Survivor Acting on letters to the president. (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) (DVS)	The Goldbergs Speechless (N) (DVS)	Modern Family American Housewife (N) (DVS)	Designated Survivor Acting on letters to the president. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (DVS)				
WUTV	30	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Empire Diana DuBois' master scheme unfolds. (N) (DVS)	Star A radio interview doesn't go as planned. (N)	2 on Your Side Seinfeld "The Stock Tip" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)			
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Personne d'intérêt Finch infiltre un bâtiment. (N) (SC)	NCIS: Los Angeles La disparition d'un lieutenant. (N) (SC)	NCIS: Los Angeles "Kolchek, A." (DVS) (SC)	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	Les disciples "Sang frais" (N) (DVS)		
WUHF	-	363	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	Empire Diana DuBois' master scheme unfolds. (N) (DVS)	Star A radio interview doesn't go as planned. (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	Impractical Jokers (N) (DVS)	Paid Program (N) (DVS)			
WETK	-	-	PBS NewsHour (N) (DVS)	Globe Trekker Climbing Volcan Lanin. (N) (DVS)	Globe Trekker Climbing Volcan Lanin. (N) (DVS)	Nature "The Sagebrush Sea" The greater sage-grouse. (N) (DVS)	Nature "The Sagebrush Sea" The greater sage-grouse. (N) (DVS)	NOVA "Rise of the Robots" Advanced humanoid robots. (N) (DVS)	Hawking Stephen Hawking's rise to fame. (N) (DVS)	Nightly Business Report	To Be Announced				
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (DVS)	Best of Mountainlake PBS	Best of Mountainlake PBS	Best of Mountainlake PBS	Best of Mountainlake PBS	BBC World News (N) (DVS)	Charlie Rose (N) (DVS)				
A&E	615	520	Storage Wars (N) (DVS)	Storage Wars (N) (DVS)	Storage Wars (N) (DVS)	Storage Wars "LBC U LTR" (N) (DVS)	Storage Wars (N) (DVS)	Storage Wars (N) (DVS)	Storage Wars (N) (DVS)	(:01) Ozzy and Jack's World Detour "Spicy In-Laws" (N) (DVS)	(:03) Ozzy and Jack's World Detour (N) (DVS)	(12:03) Storage Wars (N) (DVS)			
BRAVO	620	523	CSI: Miami The team uncovers a counterfeiting ring. (N) (DVS)	CSI: Miami Natalia's abusive ex-husband stalks her. (N) (DVS)	CSI: Miami Natalia's abusive ex-husband stalks her. (N) (DVS)	CSI: Miami "Death Eminent" A politician's dead body. (N) (DVS)	CSI: Miami Bizarre incidents in the CSI lab. (N) (DVS)	CSI: Miami Bizarre incidents in the CSI lab. (N) (DVS)	Animal Kingdom Baz makes his move to run the family. (N) (DVS)	CSI: Miami "Rio" Horatio and Delko travel to Brazil. (N) (DVS)	CSI: Miami (N) (DVS)				
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (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 (N) (DVS)	How It's Made (N) (DVS)	Daily Planet "High Tech Toys Week" (N)	Gold Rush "The Mighty Up-percut" (N) (DVS)	Moonshiners: Outlaw Cuts "Snake Bitten" (N) (DVS)	Moonshiners: Outlaw Cuts "Snake Bitten" (N) (DVS)	Moonshiners "Shine in the Sky" A still high in the trees. (N) (DVS)	Highway Thru Hell "Hooked" (DVS)	Tougher Than It Looks (N) (DVS)				
HIST	522	506	American Pickers "The Greatest Pick on Earth" (N) (DVS)	Hunting Nazi Treasure "Blood Treasure" (N) (DVS)	Hunting Nazi Treasure "Blood Treasure" (N) (DVS)	Forged in Fire Finalists must forge the crusader sword. (N) (DVS)	Vikings Ragnar Lothbrok's sons choose sides. (N) (DVS)	Vikings Ragnar Lothbrok's sons choose sides. (N) (DVS)	Knightfall Landry fears the Order has lost its way. (N) (DVS)	American Pickers "The Greatest Pick on Earth" (N) (DVS)	Vikings "Homeland" (N) (DVS)				
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (Part 5 of 6) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)				
SHOW	616	521	NCIS A Navy public affairs officer is killed. (DVS)	NCIS "Charade" Agent Di-Nozzo's identity is stolen. (N) (DVS)	NCIS "Charade" Agent Di-Nozzo's identity is stolen. (N) (DVS)	Marvel's Runaways "Fifteen" (N) (DVS)	(:15) Supergirl A mysterious symbol appears in the city. (N) (DVS)	Mr. Robot Elliot trolls a former ally. (N) (DVS)	(:15) Marvel's Runaways "Fifteen" (N) (DVS)	(12:15) Supergirl "Reign" (N) (DVS)					
SLICE	601	562	The Real Housewives of New Jersey (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	RelationShp Shep Rose searches for love. (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	Housewives/NJ					
SPIKE	628	584	Bar Rescue Helping a failing Detroit strip club. (N) (DVS)	Bar Rescue Helping a failing Irish bar. (N) (DVS)	Bar Rescue Helping a failing Irish bar. (N) (DVS)	Bar Rescue A live music bar owner struggles. (N) (DVS)	Life or Debt A couple has \$300,000 in debt. (N) (DVS)	Life or Debt An MMA fighter faces budget cuts. (N) (DVS)	Life or Debt Victor tries to save a Miami family. (N) (DVS)	Life or Debt					
TLC	521	560	Say Yes to the Dress (N) (DVS)	Say Yes to the Dress (N) (DVS)	My 600-Lb. Life "Nicole's Story" motherless. (N) (DVS)	Nicole may leave her kids motherless. (N) (DVS)	My 600-Lb. Life "Tanisha's Story" Tanisha wants to survive for her kids. (N) (DVS)	My 600-Lb. Life "Tanisha's Story" Tanisha wants to survive for her kids. (N) (DVS)	My 600-Lb. Life "Nicole's Story" Nicole may leave her kids motherless. (N) (DVS)	My 600-Lb. Life "Nicole's Story" Nicole may leave her kids motherless. (N) (DVS)					
TSN	400	400	SportsCentre (N) (Live) (DVS)	Curling 2017 Roar of the Rings Olympic Trials: Draw 14. From the Canadian Tire Centre in Ot-tawa. (N) (Live) (DVS)	Curling 2017 Roar of the Rings Olympic Trials: Draw 14. From the Canadian Tire Centre in Ot-tawa. (N) (Live) (DVS)	Olympic Trials: Draw 14. From the Canadian Tire Centre in Ot-tawa. (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SC With Jay and Dan (N)					
YOUTH	551	542	Game On (N) (DVS)	Henry Danger	Alpha & Omega: A How	SpongeBob SquarePants (N) (DVS)	Alpha & Omega: A How	SpongeBob SquarePants (N) (DVS)	SpongeBob SquarePants (N) (DVS)	Assembly	Assembly	Alpha & O			

THURSDAY EVENING													DECEMBER 7, 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	Entertainment Tonight (N)	The Big Bang Theory (N) (DVS)	(:31) Young Sheldon (N) (DVS)	(:01) Mom (N) (DVS)	Life in Pieces (N) (DVS)	S.W.A.T. Jim Street tries to bust a trafficker. (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)			
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Football Night in Atlanta (N) (Live) (DVS)	(:20) NFL Football New Orleans Saints at Atlanta Falcons. (N) (Live) (DVS)			NBC5 News at 11 (N)	Tonight Show				
CBMT	6	206	301	CBC Montreal News (N)	On the Money	marketplace (N) (DVS)	Coronation Street (N) (DVS)	Dragons' Den Holiday-themed businesses present. (N) (DVS)	Dreaming of a Jewish Christmas (N) (DVS)	The National (N) (DVS)	CBC Montreal News (N)	Coronation Street (N) (DVS)	Rick Mercer Report (N) (DVS)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Moi Mario Spectacle de Mario Jean. (SC)	** "Si je reste" (2014) Chloë Grace Moretz. Premiere. Mia tombe dans le coma et son esprit sort de son corps. (DVS) (SC)	TVA nouvelles (N) (DVS)	(:35) Denis Lévesque (N) (SC)	(:35) "Au bonheur des ogres" (2013) (SC)					
WMTW	8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Shrek the Halls (N) (DVS)	Toy Story-Time (N) (DVS)	The Great American Baking Show "Cake Week; Morning Treats Week" (Season Premiere) (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (DVS)				
CKSH	9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	Infoman (N) (SC)	Les dieux de la danse La grande finale. (N) (SC)	Enquête (N) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	(:05) Marina Orsini Les chefs Marc Maulà et Jérôme Ferrer. (SC)				
CKMI	11	-	(5:30) Global News at 5:30	Global National (N) (DVS)	ET Canada	Entertainment Tonight (N) (DVS)	Superior Donuts (N) (DVS)	9JKL "The Family Plot" (N) (DVS)	Superstore Will & Grace (DVS) (DVS)	S.W.A.T. Jim Street tries to bust a trafficker. (N) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	(:31) Young Sheldon (N) (DVS)	(:01) The Indian Detective (N) (DVS)	Gotham Carmine Falcone comes to town. (N) (DVS)	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) (DVS)	Shrek the Halls (N) (DVS)	Toy Story-Time (N) (DVS)	The Great American Baking Show "Cake Week; Morning Treats Week" (Season Premiere) (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (DVS)				
WUTV	30	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Gotham Carmine Falcone comes to town. (N) (DVS)	(:01) The Orville "Mad Idolatry" (Season Finale) (N) (DVS)	2 on Your Side Seinfeld "The Ex-Girlfriend" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)			
CFKS	31	106	726	Souper parfait	Occupation Double Bali	Intemporel Rufus et Lucy se rendent à Paris. (N) (SC)	Dix jours dans la vallée "Jour 10" (DVS) (SC)	Chicago Police "Demande d'asile" (DVS) (SC)	Occupation Double Bali	La guerre des clans	Atomes crochus	NVL (N)	Zone Séduction (N) (DVS)		
WUHF	-	363	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	Gotham Carmine Falcone comes to town. (N) (DVS)	(:01) The Orville "Mad Idolatry" (Season Finale) (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	Impractical Jokers (N) (DVS)	Paid Program (N) (DVS)			
WETK	-	-	PBS NewsHour (N) (DVS)	Mister Chris & Friends	Saving Our Waters	Saving Our Waters "Thinking Like A Watershed" (N) (DVS)	Saving Our Waters "Thinking Like A Watershed" (N) (DVS)	Great Houses With Julian Fellowes "Burghey House" (N) (DVS)	Scott & Bailey Unconscious baby. (N) (DVS)	Nightly Business Report	To Be Announced				
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (DVS)	Best of Mountainlake PBS	Best of Mountainlake PBS	Best of Mountainlake PBS	Best of Mountainlake PBS	BBC World News (N) (DVS)	To Be Announced				
A&E	615	520	The First 48 Shootings in Cleveland and New Orleans. (N) (DVS)	The First 48 A man is found dead in his hotel room. (N) (DVS)	The First 48 A man is found dead in his hotel room. (N) (DVS)	The Winter Games" (N) (DVS)	The First 48 A tenant's eviction does not go well. (N) (DVS)	The Menendez Murders: Erik Tells All (N) (DVS)	(:03) The Menendez Murders: Erik Tells All (N) (DVS)	The First 48: Killer Break (N) (DVS)					
BRAVO	620	523	Criminal Minds Women who were held captive for years. (N) (DVS)	Criminal Minds Suspect is invited into victims' homes. (N) (DVS)	Criminal Minds Suspect is invited into victims' homes. (N) (DVS)	Criminal Minds "Derek" Morgan is abducted. (N) (DVS)	"Back to Christmas" (2014) Kelly Overton. A woman travels back to the Christmas before her wedding. (N) (DVS)	Criminal Minds Corpses are discovered in public places. (N) (DVS)	Criminal Minds						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	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	Graveyard Carz Repairing a 426 Hemi engine. (N) (DVS)	Daily Planet "High Tech Toys Week" (N)	Daily Planet "High Tech Toys Week" (N)	FantomWorks 1967 Amphicar; Austin 10-4. (N) (DVS)	Bitchin' Rides Reviving a 1957 Ford Fairlane. (N) (DVS)	The Hunt for the Zodiac Killer "The Secret FBI Files" (N) (DVS)	Knightfall Landry fears the Order has lost its way. (N) (DVS)	Digging Deeper (N) (DVS)					
HIST	522	506	American Pickers Ultra-rare motorcycle parts. (N) (DVS)	Vikings Ragnar Lothbrok's sons choose sides. (N) (DVS)	Vikings Ragnar Lothbrok's sons choose sides. (N) (DVS)	Knightfall Landry fears the Order has lost its way. (N) (DVS)	The Curse of Oak Island: Digging Deeper "Close Call" (N) (DVS)	The Hunt for the Zodiac Killer "The Secret FBI Files" (N) (DVS)	Knightfall Landry fears the Order has lost its way. (N) (DVS)	Digging Deeper (N) (DVS)					
RDI	126	730	RDI économie "Spéciale consommation" (N) (SC)	24/60 (N) (SC)	Les grands reportages "Le marathon de l'intégration" (N) (SC)	Le Téléjournal avec Céline Galipeau (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)					
SHOW	616	521	NCIS A 14-year-old stops a home invasion. (N) (DVS)	NCIS "Dead Letter" The hunt for the British spy continues. (N) (DVS)	NCIS "Dead Letter" The hunt for the British spy continues. (N) (DVS)	"A Merry Friggin' Christmas" (2014) Joel McHale. Boyd hits the road with his eccentric father in a blizzard. (N) (DVS)	Flipping Out Vanina continues to report to work. (N) (DVS)	Million Dollar Listing Los Angeles (N) (DVS)	Happy! A hit man meets an imaginary horse. (N) (DVS)	** "Bad Santa: Director's Cut" (2003) Billy Bob Thornton, Tony Cox. (N) (DVS)					
SLICE	601	562	Million Dollar Listing Los Angeles "Surf vs Turf" (N) (DVS)	Million Dollar Listing Los Angeles "Co-List From Hell" (N) (DVS)	Million Dollar Listing Los Angeles "Co-List From Hell" (N) (DVS)	Flipping Out Vanina continues to report to work. (N) (DVS)	Million Dollar Listing Los Angeles (N) (DVS)	Real Estate Wars "Boy's Club" JoJo confronts Kylie. (N) (DVS)	Million Dollar Listing New York (N) (DVS)	Million Dollar LA					
SPIKE	628	584	Bar Rescue An outdated college sports bar. (N) (DVS)	Bar Rescue A struggling live music venue. (N) (DVS)	Bar Rescue A struggling live music venue. (N) (DVS)	Bar Rescue A blue collar bar that is beyond repair. (N) (DVS)	Catch a Contractor A busted contractor is back at it again. (N) (DVS)	Catch a Contractor A dream backyard turned nightmare. (N) (DVS)	Catch a Contractor ** "Limitless" (2011) Bradley Cooper. (N) (DVS)						
TLC	521	560	Say Yes to the Dress (N) (DVS)	Say Yes to the Dress (N) (DVS)	Say Yes to the Dress (N) (DVS)	Say Yes to the Dress (N) (DVS)	90 Day Fiancé: Extended "Extended: Wake Up Call" David and Annie see Kentucky; extended. (N) (DVS)	Unexpected McKayla visits her sister; extended. (N) (DVS)	(:02) 90 Day Fiancé: Extended David and Annie see Kentucky; extended. (N) (DVS)						
TSN	400	400	SportsCentre (N) (Live) (DVS)	That's Hockey	Curling 2017 Roar of the Rings Olympic Trials: Draw 17. From the Canadian Tire Centre in Ottawa. (N) (Live) (DVS)	Curling 2017 Roar of the Rings Olympic Trials: Draw 17. From the Canadian Tire Centre in Ottawa. (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SC With Jay and Dan (N)					
YOUTH	551	542	Nicky, Ricky	Game	** "Ernest Saves Christmas" (1988) Jim Varney. (N) (DVS)	** "Ernest Saves Christmas" (1988) Jim Varney. (N) (DVS)	** "Ernest Saves Christmas" (1988) Jim Varney. (N) (DVS)	** "Ernest Saves Christmas" (1988) Jim Varney. (N) (DVS)	Assembly	Assembly	Ernest-Xmas				

## MUSIC

### December 2

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. Reserve now for our New Year's Dance featuring Leo and the Boys. There will be a hot and cold buffet, prizes every hour, spot dances, etc. Info/tickets: Gail 819-876-2021.

### December 2

The Richmond Legion, Branch #15, 235 College St. N., will be holding a Dance on Saturday evening, December 2, 7:30 p.m. to 11 p.m. Nashville style music with "MEMORIES," Sam Morrissey & friends. Admission \$6. Everyone is welcome.

### December 2

Come and enjoy music by The Countrymen (Rodney, Terry, Mike, Ron and Jeff) at the A.N.A.F. Unit 318, The Hut, 300 St. Francis, Lennoxville on Saturday, December 2 from 8:30 p.m. to midnight. Admission \$8. All welcome, 18+.

### December 2

Honeysuckle Sisters Christmas Concert on December 2 at St. Paul's Anglican Church in Mansonville. Swing into the holiday season with Christmas tunes from the 30s to 60s and great originals! This concert is a fundraiser for St. Paul's. Admission charged; 12 years of age and under free. For information and to reserve tickets, call Judith Ball at 450-292-3555.

### December 2 & 3

Pot Pourri Christmas Concert at 4 p.m., Saturday, December 2, at Knowlton United Church, 230 Knowlton Road, Knowlton, beneficiary "Tales 4 Tots". Also 3 p.m., Sunday, December 3, Grace Anglican Church, 52 Principale South, Sutton, beneficiary "Foyer Sutton". Tickets: \$10 at the door; children under 12 free. Information 450-531-5431 or 450-242-2333.

### December 9

HANDEL'S MESSIAH! L'Harmonie des saisons and Festival Classica will present this masterpiece on five occasions between December 7 and December 10 (www.harmoniedessaisons.org). With 4 internationally renowned vocal soloists, professional choir and baroque orchestra on period instruments, under the Musical Direction of NY maestro Eric Milnes. Saint-Lambert, Repentigny, Granby, Boucherville and Saint-Constant. GRANBY: Saturday December 9, 2 p.m., at Église St-Eugène, 97, rue Laval Sud, Granby. Tickets available at www.festivalclassica.ca or reservations: 450-912-0868 ext. 101, or at the door. Adults: 30\$ + service fees and taxes, Students 25\$ + service fees and taxes.

### December 9

2nd annual Christmas Country Music Appreciation Jam on December 9, 1-6 p.m., at the Burroughs's Falls Reception Hall. We will have hours of continuous live country music along with an amazing Christmas buffet that's included with your ticket. Joining "The Classic Country Band" will be Dave Bessant and Art Little

(both from The Country Swingers), the two guest bands are "The Plainsmen" and "Big River," also some of your favorite local musicians will be stopping by to Jam. Door prizes. SANTA will be stopping by so this is an event you don't want to miss! Advance tickets \$12 or \$15 at the door. Info: e-mail countrymusicappreciationjams@gmail.com, Angel 819-838-4912 or Gale 819-876-7376. Ticket proceeds go to the scheduled participating musicians. Volunteers are greatly needed. Please spread the word!

### December 10

Please join us for a special Christmas Hymn Sing at 7 p.m. on Sunday, December 10 at St. James Anglican Church-Foster, 725 Lakeside, Foster. You will choose the carols and other Christmas songs that you most enjoy. Join us afterwards in the hall to visit over a selection of Christmas baking and other treats. Everyone is welcome, bring a friend. Information 450-539-1123.

### December 10

The 7th annual Fall Concert for the Newport Area Community Orchestra will be held on Sunday, December 10 at 3 p.m. at the United Church in Newport. The concert will feature Daniel Johnstone as soloist. The orchestra will perform the following selections: Il Mio Tesoro from Mozart's opera "Don Giovanni" (Daniel Johnstone, soloist), "Nimrod" from the Enigma Variations for Orchestra by Sir Edward Elgar, "For the Beauty of the Earth" by John Rutter, and Schubert's "Symphony No. 6. Admission \$5. For more information, please contact us at www.newportareacommunityorchestra.org.

### December 30

Come join us to bring in the New Year! December 30 from 1 p.m. to 6 p.m. at the Burrough's Falls Reception Hall. This event will bring 2018 in Country Style, with all the bells and whistles. It will include hours of continuous live country music along with a wonderful New Year's buffet. We have an amazing country music show lined up: featuring (the house band) "The Classic Country," our two guest bands by popular demand "The Swingers" along with the talented "Steve Aulis and Band," plus some of your favorite local musicians will be stopping by to Jam. Door prizes. Advanced tickets are \$15 or \$20 at the door. For more information, e-mail: countrymusicappreciationjams@gmail.com or call Angel at 819-838-4912 or Gale at 819-876-7376.

### December 31

NEW YEAR'S EVE DANCE at the Bury Armoury Community Centre from 9 p.m. to 1 a.m. Music by The Country Swingers. \$20/ticket, buffet included, BYOB. Semi-formal attire. To reserve tickets call 819-872-1058.

## EVENTS

### until December 30

North Hatley Library Christmas Arts and Crafts Sale. Please join us for the 2017 Christmas Art show from Sunday, November 25 to Saturday, December 30. Grand

opening: Sunday, November 26 from 3 p.m. to 6 p.m. Hours: Tuesdays, Thursdays and Fridays 10 a.m. to 12:30 p.m., Wednesday 10 a.m. to 12:30 p.m. and 5:30 p.m. to 8:30 p.m., Saturdays 10 a.m. to 5 p.m. and Sundays from 1 p.m. to 4 p.m.

### Dec. 1-3 & 8-10

A big sale of watercolours, drawings and soapstone's carvings of the late Mr. Gerard Schwartz will be held from Friday to Sunday, December 1 to 3, and December 8 to 10, from 9 a.m. to 5 p.m., at 100 Pelletier St. South, Armand. Info: 450-248-3832. 50% off. Welcome all.

### December 2

The Lennoxville Art Group will be having a holiday exhibition of winter paintings at the Lennoxville Library, 101 Queen Street, until the end of December. A vernissage will be held on Saturday, December 2 from 11 a.m. to 2 p.m. with coffee and cookies for visitors. The group will also, for a second year, have reasonably priced miniatures available for sale just in time for a gift of original art work. Note that miniatures will only be sold during the vernissage. We look forward to greeting you on Saturday.

### December 2

You are invited to our 38th annual Christmas Craft Fair at Princess Elizabeth Elementary School! It will take place on December 2 from 9 a.m. to 3 p.m. Local vendors throughout the gym and hall area. Bake sale tables and breakfast and lunch at our Gourmet Café. Used books sale. Movies and popcorn for kids in the CLC. A visit from Santa himself! We hope to see you there! 120 Bellevue Street, Magog.

### December 2

Annual Advent Tea at Emmanuel United Church (205 Principale, Cowansville), Saturday, December 2 from 1 p.m. to 4 p.m. Bake tables, Christmas handicrafts, attic treasures. Come alone or bring some friends and enjoy fancy sandwiches and yummy goodies, coffee/tea for only \$8.

### December 2

Christmas Sale, Crafts and Baked Goods, made by local woman, on Saturday, December 2, 10 a.m. to 3 p.m., at 80 Craig St. South, Cookshire. Info: Fran 819-875-5791.

### December 2

Christmas Bazaar will be held on December 2 from 9 a.m. to 3 p.m. at the Trinity Anglican Church, 409 Sud, Cowansville. Handicrafts, baked goods. Lots of Christmas goods and decorations. Light lunch available. For information or table rental call Jane 450-378-8692.

### December 2 & 3

Maurice Crossfield will be at the Black Cat for a book signing on Saturday, December 2, 3 to 5, and we are having a book launch for Marjorie Bruhmuller on Sunday, December 3, 3 to 5. Please join us! Black Cat Books 168E Queen, Lennoxville, 819-346-1786.

### December 3

Service of Readings and Carols at All Saints Anglican Church, Dunham, on Sunday, December 3 at 2:30 p.m., freewill offering or non-perishable foods: proceeds to the "Helping Hands Food Bank," Trinity

Anglican Church, Cowansville. Light refreshments will be served. Everyone welcome.

### December 3

St. John's Christmas Brunch fundraiser on Sunday, December 3 from 11 a.m. to 1 p.m. at the Oddfellows Hall, 4150 Route 147, Waterville (Huntingville). All are welcome and plenty of parking.

### December 4

The Canadian Club of the Yamaska Valley monthly meeting, December 4 at 2 p.m., the Auberge in West Brome, Route 139. Non-members \$10. Christmas musical program with DeJa-Deux, one of our local groups. For information: 450-372-4562. Lunch reservations at the Auberge call 450-266-7552/1-888-902-7663. Please visit our web page <http://www.canadianclub-yamaskavalley.ca>

### Wednesdays

Wednesday night free darts at the Ramana Hotel in Sawyerville every Wednesday from 6:30 p.m. to 10 p.m. There are 4 dart boards available, so bring your friends and have a fun night.

### December 7

Health Link Cookshire: Preparing for Winter. December 7, 11 a.m. to 3 p.m., Manoir de l'eau vive (210 Principale Est, Cookshire). Lunch \$5. Reservations: Brenda 819-566-5717.

### December 9 & 10

Join us for an Old Fashioned Christmas in Ayer's Cliff on Saturday, December 9 from 10 a.m. to 4:30 p.m. and Sunday, December 10 from 11 a.m. to 4 p.m. There will be over 60 artisans, music, sleigh rides, children's activities and Santa (1-3 Sunday). Fun for everyone! Info: 81-838-5006.

## EXHIBITS

### until 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. 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. Uplands, 9 Speid Street, borough of Lennoxville is open Wednesday to Sunday from 1 to 4:30 p.m. Info: (819) 564-0409.

Contact David Teasdale 819-570-2094 to advertise

# The Broadcast Voice of the Eastern Townships

184 Queen Street, Sherbrooke (downtown Lennoxville) • 819-822-1838 • [www.cjmq.fm](http://www.cjmq.fm) • e-mail: [cjmqnews@yahoo.ca](mailto:cjmqnews@yahoo.ca)

# Local Sports

If you feel like something could be seriously wrong with your health, take a few days off and see a doctor.

## Canadian triathlete Gillian Clayton wins tough fight against pneumonia



A RUNNER'S MIND

CHRISTINE BLANCHETTE

It was early July when Canadian triathlete Gillian Clayton fell ill, unaware that anything was wrong. It was shaping up as a typical training day before Clayton, the Ironman Canada winner in 2012, set out for a routine 90-km bike ride only to realize afterward, the illness developing inside her was pneumonia.

According to the Centers for Disease Control and Prevention, pneumonia is an infection of the lungs that affects millions of people worldwide each year, causing mild to severe illness in people of all ages. Common signs of pneumonia can include coughing, fever and trouble breathing. In Canada, only 16.7 per cent of adults with chronic medical conditions are immunized against Streptococcus pneumoniae. It was distressing to

learn that only a small percentage of Canadians are immunized. As a result there is a dramatic increase in the number of people who get the disease and about 1,500 Canadian adults die from it every year.

Clayton is a wife and mother of two young boys and also a Powered by Chocolate Milk ambassador as a sponsored athlete. In a phone interview, she explains how it all unfolded and spoke of her road to recovery, which allowed her to run the Victoria Marathon in October.

"I went for a 90 km bike ride that day," Clayton began, "I felt great and I could have done more. When I woke up the next morning, I felt (like) I was run over by a truck." She thought back and remembered having chest pain 15 minutes into a training run a few days earlier. The next thing she knew, "I felt so sick and I was on medication, and I had a Bronchoscopy done to check my lungs," Clayton said. After her diagnosis at hospital, Clayton was bedridden for two weeks, during which time she had to take a time out from all of her training. Being sick had set her back about 10 weeks of training that was supposed to prepare her for the Victoria Marathon, where she had hoped to perform at an elite level.

After her extended rest, "I was so happy to get out and not worry how fast

I was going. I didn't look at my watch - no goals." Clayton knew she was on the road to recovery once she was able to run for one hour.

I asked her how important a role did her excellent fitness play in speeding up her recovery time. "I think it probably helped. I was fit because I could do 10km right away," Clayton said. Instead of waiting until 2018 to compete in the Victoria Marathon, she completed it this year on just six weeks of training.

Clayton has no idea how she caught pneumonia but she suggests the following:

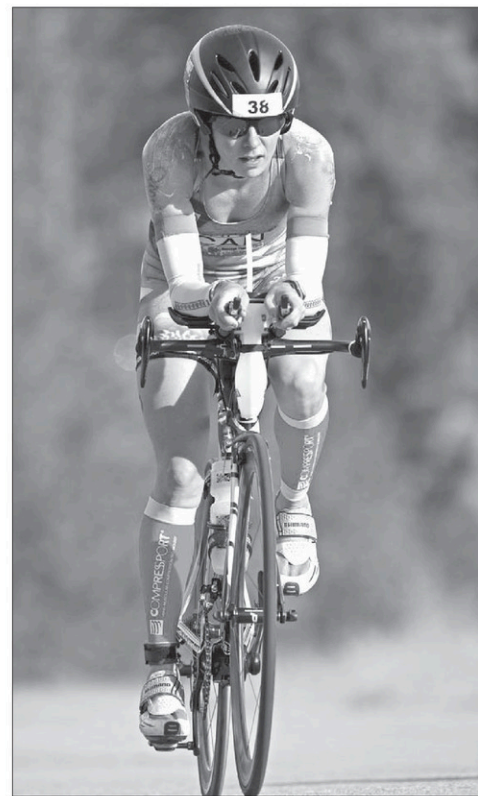
If you feel like something could be seriously wrong with your health, take a few days off and see a doctor.

Pull back from your training. You won't lose any conditioning in one week leading up to an event.

The weather wasn't a factor last year when it snowed. The weather isn't a problem. I like to cross country ski - it is good cardio and low impact.

From July to September I wasn't running because of illness when the air quality was poor.

Clayton's advice for staying active is about enjoying each season and having the right gear. "We live in Canada," she laughed. Clayton is looking forward to competing in the Victoria Marathon next year at the elite level.



COURTESY

If you are suffering from an illness or injury, listen to your body and follow your doctor's advice. Once you resume training, be sure to refuel, repair, and rehydrate as part of your recovery and regular workout regime.

## A look at some NHL coaches and GMs feeling the heat two months into the season

By Joshua Clipperton  
THE CANADIAN PRESS

At least one NHL head coach has been fired by Dec. 8 since the 2013-14 season, with an average of four getting dismissed before the conclusion of the 82-game schedule. None of the league's 31 teams have made anyone walk the plank yet in 2017-18, but there are a few head coaches, and even a couple of general managers, feeling the heat just two months into the campaign.

The Canadian Press takes a look at some of the coaches and GMs who could be in trouble if things don't turn around soon.

### Todd McLellan

The head coach of the Edmonton Oilers became increasingly frustrated as the club picked by many to challenge for the Stanley Cup this season stumbled badly out of the gate. Edmonton was on a two-game winning streak - including a 3-2 overtime victory against lowly Arizona earlier this week - heading into Thursday's action after losing five straight in regulation and seven of eight overall (1-6-1). But the Oilers, who sit second-last in the Western Conference with a 10-13-2 record, remain five points out of a playoff spot. Perhaps more importantly, Connor McDavid's club will have to climb over five teams to reach the post-season after making the second round last spring.

### Dave Hakstol

Hakstol made the playoffs in his first year as head coach of the Philadelphia Flyers, but the club missed out in 2016-17, and is currently on an ugly nine-game losing streak (0-4-5) after starting this season 8-6-2. Fans seem to have had enough, booing the team off the ice

in Tuesday's 3-1 home loss to San Jose and chanting for Hakstol to be fired. The Flyers currently occupy last place in the Metropolitan Division, six points out of the second wild-card spot in the East. Goaltending - what else is new in Philadelphia? - continues to be an issue, with the club ranking 20th in goals against per game. The offence has been even worse, coming in at 21st overall.

### Bill Peters

Picked by many to finally snap their streak of eight straight seasons without playoff hockey, the Carolina Hurricanes are four points adrift in the East race. Peters, in his fourth year as head coach, has the Hurricanes as the No. 1 possession team in the league at even strength with a 55.23 per cent edge in shot attempts. While those numbers suggest Carolina is playing well, the wins haven't followed, and a fourth straight campaign without post-season hockey could be tough to survive.

### Peter Chiarelli

While it would be unusual to see a general manager dismissed during the regular season, the man in charge of the Edmonton Oilers is taking a lot of criticism for the play of the team he's built. As noted above, the club hasn't come close to meeting expectations more than a quarter of the way through the season. Chiarelli earlier this week pointed to "subpar" goaltending from Cam Talbot, who was put on injured reserve Thursday, and general inconsistency throughout the rest of his roster among the reasons why the Oilers rank 27th in goals against per game and 26th in goals scored. He suggested

some changes could be coming, but the GM has painted himself into a corner with a number of moves that have been called into question, including deals the last two summers that saw talented forwards Taylor Hall and Jordan Eberle shipped out of town.

### Marc Bergevin

The general manager of the Montreal Canadiens is breathing a little easier now that Carey Price is back healthy. Montreal has won three in a row since their superstar goalie returned from a lower-body injury that kept him out for 10 straight games, but remains a point out of the playoffs in the sluggish Atlantic Division race. The Canadiens have good possession numbers at even strength - ranking fifth in the league at 52.22 per cent - but sit 30th in goals scored per game. Head coach Claude Julien signed a contract through the 2021-22 season when he was hired in February, so it's unlikely he would be going anywhere should Montreal falter. Bergevin, meanwhile, has made the playoffs three of his four seasons in charge, but like Chiarelli has come under increased scrutiny for some of his trades and signings.



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**Death**



**Lois H. GARNEAU (nee Flanders)**

GARNEAU - Lois H. (nee Flanders) of Ottawa, ON age 77, died peacefully on November 25, 2017 in the Ottawa Bruyère Hospital. Born and raised in Sherbrooke, QC, she was the daughter of the late Douglas and Hazel (nee Price) Flanders. Lois earned a Bachelor of Arts degree from Bishop's University and completed an education degree at the University of New Brunswick. She retired from a lengthy career as an elementary school teacher in Fredericton, NB. Lois was a committed member of her church and took great pleasure in interior decorating as well as painting, quilting, and arts and crafts. She enjoyed spending time with her children and grandchildren at the family cottage on Lake George, NB.

She is survived by her son Peter (Mary Beth) Garneau of Ottawa, ON, her daughter Penny (Bruce) Fawcett of Moncton, NB, and five grandchildren: Daniel, Emily, Andrew, Cara, and Kaitlyn. She also leaves her brother Donald (Noryl) Flanders and her sister Valerie Reid. She was predeceased by her husband Grant Garneau who she cared for lovingly for many years after his diagnosis with Alzheimer's disease.

A private memorial service will be held at a later date in Ottawa. Memorial gifts in her memory to the Canadian Cancer Society or the Alzheimer Society would be welcomed.



**Death**

**Death**

**Death**



**Mary Elizabeth (Walker) ANDREWS**  
November 17, 1940 - November 27, 2017

It is with great sadness that the family of Mary announces her peaceful passing on the morning of November 27th at The Grace Village Home in Lennoxville, Quebec, after her long battle with Pulmonary and Heart Disease.

Mary was a nurse at the Sherbrooke hospital for over 30 years, working in the delivery room and palliative care.

Throughout her retirement years, she and her late husband Merritt Andrews shared their love and home with over 200 foster children in Vermont. Even in her last months at the Grace she was still giving care to her fellow residents.

Predeceased by her loving husband of 51 years Merritt Andrews and her eldest son Keith Andrews. She is survived by her brother and sister-in-law Bob & Lee Walker, Newport, VT. Her daughter and son-in-law Lana & Ross Oliver, Kelowna, BC. Her son Corey Andrews and daughter-in-law Kerry Cole, Squamish, BC. She will be greatly missed as "Nanny" to her grandchildren, Tyler, Tanya, Austin, Emily and Abbie.

Mary is remembered by her many friends and past patients for her neverending kindness and loving nature.

The family would like to extend our deepest gratitude to all those who gave their time to visit and care for her over the last few years.

A visitation will be held at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville), on Friday, December 1, 2017 from 6:00 p.m. to 9:00 p.m.

A celebration of her Life for family and friends will be held in the summer of 2018.

In lieu of flowers, donations may be made to the Lennoxville Pet Connection, 1730 Wellington St. S., Sherbrooke, QC J1M 1K9.

**CASS FUNERAL HOMES**

**3006 College St., Sherbrooke QC**

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

**PHONE: 819-564-1750**

**FAX: 819-564-4423**

**Death**

**Death**

**Death**

**Death**



**Andrew MITCHELL**  
(1954-2017)

After a wonderful life, Andrew passed away peacefully on November 28th, 2017. His large network of family and friends will miss him greatly.

Born with Down Syndrome in 1954, Andrew had the good fortune to be surrounded by a large loving family, his parents William and Margaret, his siblings Brad, Antonia,

Jane and Will, and his many nephews and nieces, who all consider themselves extremely privileged to have had him in their lives.

His family were not the only people to benefit from Andrew's spirit. He had friends around the world, who would make the pilgrimage to see him whenever they were in the Eastern Townships. He always had a way of making people feel better about themselves. He taught much about the benefits of simple human decency.

Born at the time when those with mental disabilities were often institutionalised, Andrew was a lesson to everyone he met of the benefits to all of a society that values inclusion. He was an active member of his community, his church, he went to school, he held a job cleaning, ironing and polishing silver for many people in the Massawippi area. He was even an honorary member of his father's McGill Law Class of 1932.

The family wishes to thank the long term caregivers Shirley Knuston, Holly Whipple, Sonia Benchimol, Ngaire DeNora and Charlene Dezan who provided such wonderful and loving care to Andrew.

Funeral service will take place on Saturday, December 9 at 2:00 p.m. at St. Mark's Chapel, Bishop's University, 2600 College St., Sherbrooke, QC J1M 1Z7.

**STEVE L. ELKAS FUNERAL HOME**  
4230 Bertrand-Fabi, Sherbrooke QC  
[info@steveelkas.com](mailto:info@steveelkas.com)

**PHONE: 819-565-1155**  
**FAX: 819-820-8872**  
[www.steveelkas.com](http://www.steveelkas.com)



**Kathy Dawn McCORMICK**

It is with great sadness that we announce the sudden passing of Kathy in her 57th year on Nov. 28th, 2017 at the CHUS Fleurimont Hospital. Beloved wife of Dave Bessant and the daughter of Donald McCormick and the late June Statton. Left to mourn her loss are her husband Dave, her father Don, her sisters Barbara (Lance Paxton) Laura (Barry Deadman) and her brother Jeff (Louise), Dave's brother Dale Bessant and also Dave's sons Bryan and Dan and their families, her goddaughter Lana Paxton and her godson Greg Savage as well as many aunts uncles, nieces, nephews, great-nieces and nephews, cousins and friends.

There will be a graveside service on Sunday, December 3rd, 2017 at 2 p.m. in the Bury Protestant Cemetery, Bury Que.

In lieu of flowers donations to the SPCA or a charity of your choice would be greatly appreciated.

**CASS FUNERAL HOMES**  
15 de la Station St., Sawyerville QC  
**PHONE: 819-564-1750**  
**FAX: 819-564-4423**  
[www.casshomes.ca](http://www.casshomes.ca)



**Beverley May MASON**  
(1938-2017)

Peacefully at CHUS Fleurimont Hospital in Sherbrooke, QC, in her 80th year on Monday, November 27, 2017. Born July 9, 1938. Daughter of the late David and May (Moses) Mason.

Survived by siblings Robert (Dorothy) Mason, and Vera (Ron Merrill). Loving aunt to many nieces and nephews. Predeceased by her partner Jackson Hadlock.

At Beverley's request there will be no visitation.

A Celebration of Life will take place at a later date.

Memorial donations may be made to Holy Trinity Church, Iron Hill, QC or B.M.P. Hospital Foundation, Cowansville, QC. Website: [www.bmpfoundation.ca](http://www.bmpfoundation.ca)

Arrangements entrusted to:

**DÉSOURDY FUNERAL HOMES**  
101 rue Jean-Besré, Cowansville QC  
**PHONE: 450-263-1212**  
**FAX: 450-263-9557**  
[info@desourdy.ca](mailto:info@desourdy.ca)  
[www.desourdy.ca](http://www.desourdy.ca)

*I'm gonna be a Fireman someday.*



**Muscular Dystrophy Association of Canada**



**1 800 567-ACDM**  
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*Continued on next page*

# Church Services

## Anglican

### LENNOXVILLE

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.

### SHERBROOKE

December 3 at 11 a.m., Church of the Advent, 473 Bowen Ave. S., invites you to a service of Holy Communion with the Venerable Dean E. Ross officiating - assisted by the Reverend Gene Ross.

## Presbyterian

### LENNOXVILLE

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.

### HATLEY

Hatley United Church, 57 Main St., Hatley. Service of Worship on Sunday, December 3 at 9:30 a.m. Rev. Heather Thomson officiating.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, December 3 at 10:00. This will be White Gift Sunday with all donations going to LES. Sunday School is available. 819-565-8449; website - lennoxvilleunit-edchurch.com

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, December 3 at 10:30 a.m. in Richmond, 247 rue Principale Sud. Shirley Knutson will be leading this worship service. All are welcome!

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill: 819-346-6373 - www.plymouthtrinitychurch.org. Sunday, December 3, is the first Sunday of Advent. Service in English at 10:30. There is also an Advent Ecumenical Gathering at 7 p.m. at St Andrews Presbyterian. Welcome to you all! Notre culte en français se tient à 9:00. Bienvenue à tout le monde!

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, December 3, 11 a.m. Service with Rev. Mead Baldwin. Sunday School. 819-837-1112.

## Death



### James (Jimmy) PIPER

With broken hearts, the family of James (Jimmy) Piper announce his passing in Terrace, BC on October 19, 2017 at the age of 74 years. Jim was predeceased by both his parents, Maybelle and Frederick Piper.

Jimmy was born in Sherbrooke, Quebec but lived in many communities throughout the townships before settling in Waterville after meeting his life-mate, Betty Ann (nee Sylvester). Jimmy and Betty Ann were married in North Hatley in June 1966 and went on to have two children; Keith (1968) and Krystal (1969).

Jimmy and Betty Ann met at Ives Hill in 1960 while he was playing music with Sam Hopper's band. Later, Jimmy formed a band with Albert Nutbrown before eventually starting 'Jimmy Piper & the Country Road Runners'. Jimmy devoted his time to his family, his music, and the community as a scout master, ball coach, and friend to many, until the family moved to BC in 1972. While living in BC, Jimmy and Betty Ann "adopted" three more children (Gabriela, Sabina, and Andrew).

Jim touched many lives with his teasing ways, his huge heart, and his open arms. He has left behind many people who love him, including his wife of 51 years, Betty, his older sister Margaret, his children, Keith (Krystyna), Krystal (Chad), Gaby (Mike), Sabina (Doug), and Andrew (Janelle), his grandchildren, Kaz (Megan), Xzavyyr, Trillium, Topaz, Amethyst, Onyx, Luca, Karla, Jacquie, John, Danny, Chanice, Jacob, his great-grandchildren Mikayla, Aurora, Violet, brothers in law, sisters in law, numerous nieces and nephews and countless others that have come into Jim's life that he considered family.

A memorial was held November 5th at the Thornhill Volunteer Fire Department where Jim was a founding member, chief (1976-1984), and honorary member until his passing.

In lieu of flowers, the family requested donations be made to the TFVD for the purchase of pet oxygen masks. To date the family has gratefully received enough to purchase 9 masks.

## Death

# Obituary



### Beryl Muriel Bennett 1927-2017

Beryl Muriel (née Kirkpatrick) was born at home in Knicky Knocky near Bury, Que., on June 29, 1927. The only daughter of Archibald Kirkpatrick and Winnifred Lebourveau. She grew up on the farm with her four brothers and attended Bury High school.

In 1947 after attending O'Sullivan's Business College in Sherbrooke, she went to work at Canadian Silk and Ingersoll Rand. She then worked for the S. N. Bishop Casket Coin Bishopton, Que. until her marriage to Theron Bennett in 1951.

They farmed the farm, known as Bishopton Century Farm. Together they raised their four children, Malcom, Morris, Linda and Margaret.

In recent years, Beryl with others researched and helped compile family trees, and she was one of the organizers for Kirkpatrick and Bennett family reunions.

After Theron's death the farms became the property of Malcom & Morris. At this time Beryl lived in apartments in Bishopton and in 2006 moved to Les Résidences du Haut-Saint-François in East-Angus.

After failing health and a brief hospital stay, she died on November 14, 2017 at the CHUS Fleurimont hospital in Quebec.

She was the mother of Malcom (Cindy), Linda, Margaret Ann and the late Morris Bennett. She leaves 7 grandchildren, 8 great-grandchildren, many nieces and nephews and friends. Buried at the Grace United Cemetery, Brookbury, Quebec.

## Death

### Leslie Homer YATES (1930-2017)

Died peacefully at his home in Cowansville, Que. on Sunday, November 26, 2017, at the age of 87. Beloved husband of Gail Lukassen Yates and father to Patricia Hewton-Yates (Dennis Kidd). Son of the late Homer Yates and the late Grace Smith Yates. Brother of the late Barbara Yates and Randy Yates. Cherished uncle to Sean, Jason and Nathalie Yates, many other nephews and nieces, his brothers-in-law, Kay (Lily), Arne (Joyce), Dale (Maureen), Winston (Hélène) and dear friends. Arrangements entrusted to:

**DÉSOURDY FUNERAL HOMES**  
101 rue Jean-Besré, Cowansville QC  
PHONE: 450-263-1212  
FAX: 450-263-9557  
info@desourdy.ca  
www.desourdy.ca

## Card of Thanks

GOODSELL, Roger - I would like to thank my children Wendy (Albert), Marc (Clarisse), Kathy (Ron), my grandchildren Cassie (Brent), Kylie (Devin), Erica, Geneviève, David (Rachel), Chloé, Antoine, Roger's son Roger Marc (Sue and children), my brothers and sisters, my nieces and nephews, cousins, and good friends from near and far for their support during Roger's illness and for attending his memorial service on November 19, 2017 at the Stanstead Legion. Roger was remembered in a beautiful eulogy presented by my children Wendy, Marc and Kathy as well as my granddaughter Kylie. Roger will remain forever in our hearts.

DARLENE GOBEIL

## In Memoriam



DOYLE, Clinton - In loving memory of a dear husband, father and grandfather who passed away 20 years ago December 1, 1997.

Forever loved and missed.

HAROLDINE  
MIKE AND CLAUDIA  
LISA, HAROLD AND GABRIELLE

## In Memoriam

SMITH, Douglas - In loving memory of my dear husband who passed away on December 1, 2014.

*He walks with us down quiet paths  
And speaks in wind and rain,  
For the magic power of memory  
Gives him back to us again.*

We miss you.

Your wife MARJORIE  
CHILDREN AND  
GRANDCHILDREN

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# Endgame with an abuser

FRIDAY, DECEMBER 1, 2017

Dear Annie

Dear Annie: For 37 years, I've been married to a sociopath.

When "Robert" and I met, he was sweet, charming and thoughtful. His father was an alcoholic, mean physically and emotionally. Robert said he never wanted to be like that. When our first child was born, he was a good father. But when I was pregnant with our second child, things changed. He cheated on me. When I had the child and was released from the hospital, I waited for three hours for him to come pick me up and meet his new daughter. He never came. He was out with another woman.

I was going to leave, but he sought forgiveness. Being in a deep depression, I agreed. In the years since, he's cheated on me many more times.

I went back to work. Robert got off work at an early hour and was supposed to pick up the kids from day care. But he wouldn't. He often went out all night "fishing," yet he never caught any fish.

When the kids became teenagers, he started abus-

ing them verbally. My two elder children and I eventually ended up in therapy, where we learned to deal with this man. Now they are in their 30s, and they still bear emotional scars from things he did or said. Robert has always refused counseling, by the way. He will not discuss his moods with the family doctor. He thinks the problem is everyone but him.

I became disabled a few years ago. We have a younger child, a 16-year-old, and my main concern right now is protecting him. Robert is technically still my husband but is never around; he calls just to make sure I'm taking care of his stuff. He will be 59 1/2 in a few months, and he's planning on taking the money in his 401(k) and leaving us all.

Robert and I have properties. He promised that each child would be added to the deed of one place. I also need his medical insurance, and I feel that I am entitled to half of everything plus child support and maybe even spousal support. But I cannot get the money to

retain a good lawyer. How do I leave this man and not be a pauper so I can protect my minor child? — Desperately Need Help

**Dear Desperately:** The National Domestic Violence Hotline provides assistance to victims of abuse, whether physical or emotional. The people there can refer you to resources in your state. Call them at 800-799-7233 today so you can begin safely planning for a new life that doesn't include your abuser.

**Dear Annie:** I have a solution for "Free Bird," the man who wants to be clothes-free but whose wife does not want to attend nudist events.

He said he researches nudist locations online. If he found all-male events, he could satisfy his joy of being naked outside, and his wife would be satisfied that his joy is not being around naked women. — Linda

**Dear Linda:** I like your idea. It's a simple, practical way for "Free Bird" to find a like-minded flock without ruffling his wife's feathers. Thanks for writing.

Send your questions for Annie Lane to earannie@creators.com.

## November with Richmond 50+ Club

On the 6th, President Matty Banfill welcomed everyone to Military Whist, but before the games began, an election of executive for 2017-2018 was held. Ron Jones chaired the election process with the following results: President Beverley Jones, Vice-President Vera Hughes, Past President Matty Banfill, Secretary Elizabeth Mastine and Treasurer Shirley Beasley. At the conclusion of play, top score of 30 flags went to Captain Nicole Clark with Sylvia Morin, Marie-Berthe & Gerald Skerry. Low score went to the table of Captain Fran Dewar with Rose Oakley, Vera Hughes & Marie-Paule Pariseau.

November 13 started with a meeting of the new executive prior to the afternoon's activity. President Beverley asked Norma Morin to continue with the Sunshine portfolio and Linda Badger to be in charge of the kitchen with Matty Banfill assisting her and all

agreed. All 50+ members voted to make a donation to the Wales Home Foundation. Then the new President welcomed everyone to an afternoon of "500" and at the conclusion of play, Marie-Berthe Skerry had a high score of 4380, followed by Sylvia Morin with 3800. Rose Oakley won the prize for low score.

The 20th started with a welcome from President Bev, followed by the members voting on their choice of caterer for the annual Christmas dinner, to be held on Monday, December 18. Caterer Helen Begin was chosen. Military Whist got underway and with a score of 33 flags, first place went to Captain Marie-Berthe Skerry, Matty & Evie Banfill and Gerald Skerry. The table with low score went to Captain Hugh Lancaster, Ron Jones, Jeannine Lancaster and that notorious Mr. Dummy.


Looking forward to an afternoon of "500", the President welcomed everyone on the 27th. At the conclusion of the afternoon, Jim Stevens with 4920 points took top score with Harry Morrill in second with 4080 points. Low score was earned by Klea Mastine.

Thanks to all the hostesses who supplied such delicious treats each week. December will be along shortly. Please let Shirley know at 819-839-1589 by December 11 if you are coming to the Christmas dinner on the 18th. You are welcome to bring a friend. There is a charge for this delicious meal, well worth the price with Military Whist to follow.

Submitted by Elizabeth Mastine and Jean Storry

HAPPY BIRTHDAY! HAPPY BIRTHDAY! HAPPY BIRTHDAY!


Happy 75<sup>th</sup> Birthday



75

Frances Taylor

Love your family



HAPPY BIRTHDAY! HAPPY BIRTHDAY! HAPPY BIRTHDAY!

CALLING TO THE QUEBEC BAR - GENEVIEVE GOBEIL



It is with great pride that I announce that my granddaughter, Genevieve Gobeil, was Called to the Quebec Bar in a swearing in ceremony on November 24, 2017 in Gatineau, Quebec. I was proud to attend her swearing in ceremony along with her parents, Maitre Marc Gobeil and Deborah Bennett, her brother and sister (Jonathan and Rebecca Das), her aunts and uncles (Wendy and Albert Derickx, Kathy and Ron Fisher) and partner Ryan Wilson. Genevieve graduated from the University of Ottawa Law School. Her plan is to pursue corporate law.

Darlene Gobeil and the late Roger Goodsell (husband to Darlene)

**MS lives here.** Multiple sclerosis never hits just one person. It affects the entire family.

**MS** Multiple Sclerosis Society of Canada

1-800-268-7582 www.mssociety.ca



**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.

“VTGPFUGPV U EPPO OUDP GS TBOS  
EIUPBA UV FNP KUFS U OUHP UB,  
FNP KUFS TE RBJPOV ...” — IPA NTF  
KNUOU LPLLPIV

Previous Solution: “It is said that the Beverly Hills Police Department is so fancy that it has an unlisted number.” — Jack Benny

TODAY'S CLUE: *g equals r*

**CELEBRITY CIPHER**  
by Luis Campos

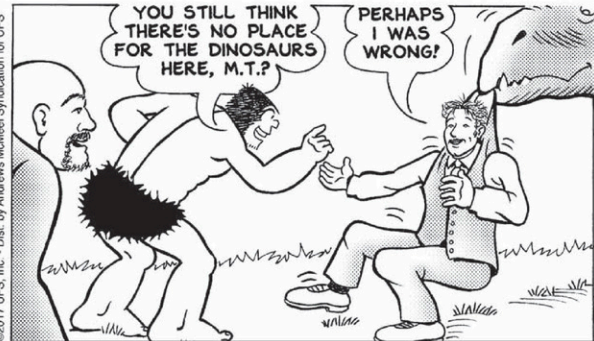
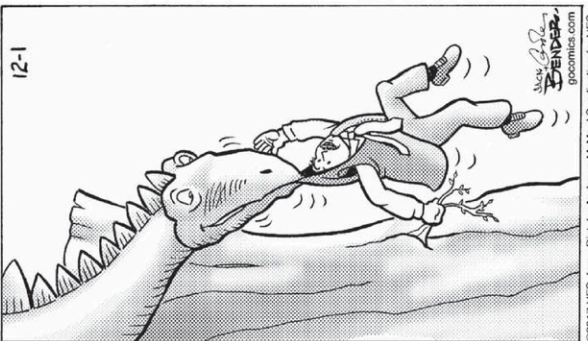
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“RYF NSDGU ERMXI, RYF NSDGU  
VYGTRFX MN KFERFXD ZGD, S  
AFUSFPF, USFE SD UME GDWFUFE.”  
— TYSU MVYE

TODAY'S CLUE: *P equals V*

Previous Solution: “Sometimes I feel like my only friend is the city I live in, the city of angels ...” — Red Hot Chili Peppers

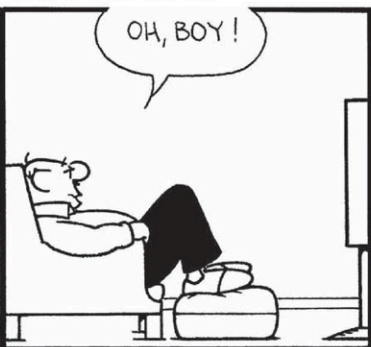
**ALLEY OOP**



**ARLO & JANIS**



**THE BORN LOSER**



**FRANK AND ERNEST**



**GRIZWELLS**



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# CLASSIFIED

## Reader tries to explain cancer to curious 10-year-old



### ASK THE DOCTORS

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

**Dear Doctor:** Ever since my father was diagnosed with cancer last summer, our 10-year-old son keeps asking my wife and me to explain exactly what cancer is. Our answers don't seem to satisfy him, so we wonder: What would you say to a 10-year-old to explain this disease?

**Dear Reader:** It's quite possible that you and your wife are doing a good job with the "what is it" portion of your answer. Your son's continued return to the question may indicate that he has additional questions that he can't quite formulate, or which he may find too difficult or scary to ask.

When kids ask about cancer, their questions often exist on multiple levels. There are the nuts and bolts of what cancer is and how it develops. There's the curiosity and anxiety regarding treatment – what it entails, whether it works, and how much pain or discomfort are involved. And there's the dawning awareness that there are factors in life that may be beyond our control.

Listen for clues in the way that he repeats his questions. Is the subtext about pain? Is it about whether he or someone else in the family will get cancer? Is it about dying? Then restate the question with the added context and see if the conversation moved forward from there. It can take multiple tries over a period of time to get to the heart of it.

As for the basic biological explanation, cancer occurs when cells in the body go haywire and suddenly begin to multiply in an uncontrolled way. Unlike normal cells, which grow in specific places and at certain speeds, cancer cells ignore all the rules. They divide so quickly that they take over the environment and begin to damage the normal cells. It's as if a gang of unruly kids were to come into a school classroom and start to run wild. They would be so loud and disruptive that the students and the teaching environment would become overwhelmed.

That disruption is the reason cancers can become deadly. Our bodies are made up of many finely tuned systems, each dependent on certain conditions to function properly. When one system, such as the lungs, the kidneys, the stomach or the brain, becomes overwhelmed by the chaos and disorder caused by cancer, the entire body begins to suffer.

Clusters of cancer cells, called tumors, can cut off airways in the lungs, block passageways into and out of organs, generate blood vessels that hijack oxygen and nutrients from normal tissues, damage nerves and upset the critical balance of a host of biological processes. To restore order, medicines and treatments that will kill the rogue cells while sparing normal cells must be administered. Surgery is another way to remove cancerous cells from the body.

At 10 years old, children have begun to grasp concepts that verge on the complex. To explain the big picture, it helps to use analogies drawn from their own realm of experience. When getting into specifics, books and illustrations are valuable teaching aids. The American Cancer Society's website (cancer.org) is an excellent source of information on all aspects of cancer. The group's publications include books on talking to kids about cancer, which many parents and guardians have found to be helpful.

*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.*

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12/1

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### PREVIOUS SOLUTION

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

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

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FRIDAY, DECEMBER 1, 2017

North 12-01-17			
♠ A 9 4			
♥ Q 10			
♦ 8 6 2			
♣ Q J 9 7 4			
West		East	
♠ 10 8 3 2		♠ Q 7 6 5	
♥ 8 3		♥ A J 4	
♦ A 9 7 5		♦ 4 3	
♣ K 3 2		♣ A 10 8 6	
South			
♠ K J			
♥ K 9 7 6 5 2			
♦ K Q J 10			
♣ 5			
Dealer: East			
Vulnerable: Both			
South	West	North	East
1♥	Pass	1NT	Pass
2♦	Pass	2♥	Pass
3♥	Pass	Pass	Pass
Opening lead: ♠ 2			

## Some probabilities seem improbable

By Phillip Alder

How many suit-split percentages and suit-combination plays have you memorized?

No doubt a fair number, but the inability to retain everything has spurred some authors to write books on the subject. In 2010, Robert F. MacKinnon published "Bridge, Probability and Information." Now he has written a sequel, "Never a Dull Deal" (both Master Point Press).

To test your memory or analysis, how would you play Q-10 opposite K-9-7-6-5-2 for five tricks with no entry problems or opposition bidding?

That suit combination decided the 2008 world women's team championship, if the results on the subsequent three boards had been the same assuming this result had been different — a big if.

At the other table, the English North-South pair bid the same way as far as two hearts. Then Nevena Senior (South) passed and took nine tricks. The Chinese South tried for game. North, with bad diamonds and knowing that her partner's hand was limited to 15 points, passed.

West led a spade to the queen and king. Declarer immediately played a heart to dummy's 10. However, Nicola Smith (East) won with her jack and shifted to the diamond four. Sally Brock (West) took the trick and returned a suit-preference diamond five. South played another trump, but East won with her ace and led a low club. West took that trick and gave her partner a diamond ruff for down one. England won the match by 1 international match point.

The right play in the heart suit is low to the queen first, planning to run the 10 next.

FRIDAY, DECEMBER 1, 2017

Keep an open mind this year, but don't let others take advantage of you. You can outsmart anyone if you listen carefully. Your ability to assess whatever situation you face and then act quickly to ensure you come out on top will be your ticket to gains and greater freedom.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Emotional manipulation is apparent when dealing with partners, youngsters or seniors. Don't give in when you should be firm. Concentrate on your needs, not on what someone else wants you to do.

**CAPRICORN** (Dec. 22-Jan. 19) — You can make a positive change at home based on what's best for you emotionally, financially and professionally. Look for new ways to use your knowledge and talents.

**AQUARIUS** (Jan. 20-Feb. 19) — Expect someone to disagree with your plans. Emotional outbursts are best handled with patience and tolerance. Be firm, but don't burn bridges or let your decision ruin a good relationship.

**PISCES** (Feb. 20-March 20) — Rely on your experience to help you avoid a financial loss or run-in with someone. Don't feel responsible for what others do. Keep your distance and do your own thing.

**ARIES** (March 21-April 19) — A positive change in your status will brighten your day. Spending time with a loved one and planning for the future look promising. Live, love and laugh.

**TAURUS** (April 20-May 20) — Emotions will swell if you get into a discussion regarding a joint venture. Partnerships need to be dealt with innovatively if you don't want negativity to escalate.

**GEMINI** (May 21-June 20) — Look for the best place to invest your time and money. Don't hesitate to put your needs first. Staying healthy emotionally and financially should be your goal.

**CANCER** (June 21-July 22) — Take pride in what you do if you want to enjoy the perks that go along with being unique and innovative. An opportunity to join forces with someone interesting looks promising.

**LEO** (July 23-Aug. 22) — Brains plus drive and enthusiasm will help you win whatever challenge comes your way. Don't lose sight of your goal, and enjoy the process of reaching your destination.

**VIRGO** (Aug. 23-Sept. 22) — Don't believe everything you hear. Bring up issues that could prove troublesome and revamp deals that are not fair or in your best interest.

**LIBRA** (Sept. 23-Oct. 23) — Spend wisely. If you do your research, you will find a bargain that suits your budget. A change in the way you feel about someone will prompt action.

**SCORPIO** (Oct. 24-Nov. 22) — Emotions will mount when dealing with partnership concerns. Look for a unique solution to counter any bad effects resulting from discord. Choose peace and love over criticism.

## Your Birthday

SATURDAY, DECEMBER 2, 2017

Consider how you earn your living and what you can do to boost your income. A conservative lifestyle will help you save more. Lower your overhead, set your priorities and stick to a budget if you want to enjoy the things that mean the most to you.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Bring about personal change. Set your game plan in motion, whether it be personal or professional in nature. Romance is highlighted.

**CAPRICORN** (Dec. 22-Jan. 19) — Take time to relax and enjoy life. Make plans with someone you love and take in an activity or event that will broaden your horizons.

**AQUARIUS** (Jan. 20-Feb. 19) — Keep the peace and offer positive alternatives and solutions to avoid hurt feelings and emotional distress. A little love or romance will alleviate anxiety and uncertainty.

**PISCES** (Feb. 20-March 20) — Choose whom you wish to help and how. If someone puts demands on you, walk away. Personal and physical changes are encouraged and will boost your morale.

**ARIES** (March 21-April 19) — Change the way you handle your money, and save for something special. Taking a day trip or making plans with someone you love will lead to a brighter future.

**TAURUS** (April 20-May 20) — Share your feelings. If you don't let others know how you feel, you will lose out. Take advantage of an opportunity to help someone who has something to offer in return.

**GEMINI** (May 21-June 20) — Emotional situations will be magnified. Do your best to offer honesty, love and compassion to whomever you are dealing with today. Your kindness will lead to rewards.

**CANCER** (June 21-July 22) — Don't let emotions stop you from seeing situations honestly. If you avoid detrimental comments and offer positive affirmation with a couple of suggestions, you will progress further much faster.

**LEO** (July 23-Aug. 22) — Personal improvements will make you feel and look good. Love and romance are highlighted, and dealing with youngsters and loved ones will enrich your life. A financial gain is within reach.

**VIRGO** (Aug. 23-Sept. 22) — Handle relationships with care. Look at situations honestly and discuss your concerns openly. Change will be necessary if you want to achieve equality and progress. Say no to emotional manipulation.

**LIBRA** (Sept. 23-Oct. 23) — Look for an opportunity to capitalize on something that interests you. Educational pursuits or the development of one of your talents could lead to a prosperous investment. Do your research and proceed.

**SCORPIO** (Oct. 24-Nov. 22) — Pay more attention to home, family and loved ones. A romantic gesture will go a long way when trying to appease someone you have neglected. Live within your means.

SUNDAY, DECEMBER 3, 2017

Consider what you have been working toward and what you really want to accomplish, and make whatever adjustments are necessary to fulfill your dreams. Your happiness depends on you committing to do whatever is necessary to encourage a bright future. Personal gains are encouraged.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Don't fall behind when it comes to your personal documents. Being prepared will help ease your stress when last-minute travel or unexpected opportunities arise. Romance is in the stars.

**CAPRICORN** (Dec. 22-Jan. 19) — Take a conservative approach when dealing with people who are emotionally manipulative or pushy. Don't give in to someone using persuasive tactics to entice you to spend money or sign up for something you don't need.

**AQUARIUS** (Jan. 20-Feb. 19) — Changes at home will improve your popularity and status. Family fun or quiet plans for you and a loved one will bring you to a decision that will alter your current lifestyle.

**PISCES** (Feb. 20-March 20) — Emotional matters will escalate if you get into a discussion regarding your feelings or intentions. Get expert advice if you feel it's necessary to avoid further discord.

**ARIES** (March 21-April 19) — A change of scenery will do you good. An intellectual approach to an important relationship and its progress looks promising. Share your feelings. Romance is encouraged.

**TAURUS** (April 20-May 20) — Be careful how you spend your money or what you invest in. It's important not to believe a sales pitch geared to bullying you into a deal that isn't as great as promised.

**GEMINI** (May 21-June 20) — Speak up if you want to resolve issues with a loved one. Changes can be made that will mold the way you move forward with an important relationship.

**CANCER** (June 21-July 22) — Your willingness to help others will make a difference when it comes to your professional prospects. Don't disregard the power of forming good relationships with others.

**LEO** (July 23-Aug. 22) — Volunteering your services or participating in fundraisers will lead to interesting new connections. An opportunity to do something you enjoy is apparent. Romance is in the stars.

**VIRGO** (Aug. 23-Sept. 22) — Problems at home will affect your emotional attitude, adding to stress. Trust in yourself and yourself alone. Refuse to let anyone take advantage of you personally, financially or emotionally.

**LIBRA** (Sept. 23-Oct. 23) — Love and travel should be on your agenda. Attend a reunion or make a point to reconnect with someone from your past. Talks will lead to big plans.

**SCORPIO** (Oct. 24-Nov. 22) — Take better care of your health. A faulty diagnosis or needless anxiety is likely if you fail to consult the professionals. Don't overspend on a gimmick.

E-mail your social notes to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

# Spiced walnuts a perfect addition to holiday festivities

## KITCHEN SCOOP

By Alicia Ross

This time of year, what we need besides more hours in the day is flexibility and options in our recipes. Today's recipe for Pumpkin Spiced Walnuts gives us just that. Straight out of the oven, this is a nutty, delicious snack. Paired with semi-soft cheese, wheat crackers and pear slices, it is a yummy appetizer. Packed in a decorative glass jar and tied with a ribbon, it is a hostess gift.

Chop them and sprinkle over a crisp green salad, a baked sweet potato or baked fish or chicken, and suddenly you have the flavor boost you need. Chop them and stir them into a chocolate chip cookie batter, sprinkle them over pumpkin bisque or dress up a scoop of ice cream with holiday flair. These are just a few ways I've used Pumpkin Spiced Walnuts, and I'm sure you can come up with many more.

This simple recipe can wear many hats and is so easy to make that I know you will turn to it time and again, just like I have done. Happy holidays and enjoy!

## Pumpkin Spiced Walnuts

Yield: makes 2 cups  
Start to finish: less than 30 minutes

2 cups walnuts, not toasted (large pieces or halves)  
1 tablespoon plus 1 teaspoon sugar, divided use  
1/2 teaspoon kosher salt (or coarsely ground sea salt)  
1/2 teaspoon pumpkin pie spice  
2 tablespoons pure vanilla extract  
2 tablespoons butter

Preheat oven (or toaster oven) to 350 degrees. Spread walnuts in a single layer in a shallow baking pan sprayed with cooking oil. Bake, uncovered, 8 minutes. Remove from oven and set aside. (Leave oven on.)

While nuts toast, stir together in a small bowl 1 tablespoon sugar, salt and pumpkin pie spice. Set aside.

In a 2-cup glass measure, combine vanilla with remaining 1 teaspoon sugar and butter. Microwave, covered with a paper towel, on high, 30 to 45 seconds, until butter melts and mixture boils. Remove from microwave and stir well.

Drizzle butter mixture over walnuts and toss to coat. Sprinkle spice mixture over walnuts and toss to coat. Return



Photo by Alicia Ross for Kitchen Scoop

walnuts to oven and bake 2 more minutes. Remove from oven and transfer the nuts to wax paper or parchment paper to cool, for at least 10 minutes. Store in an airtight container for up to a week.

Approximate values per tablespoon: 52 calories (78 percent from fat), 5 g fat (1 g saturated), 2 mg cholesterol, 1 g protein, 1.5 g carbohydrates, 0.5 g dietary

fiber, 35 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to [tellus@kitchenscoop.com](mailto:tellus@kitchenscoop.com). Or visit the Kitchen Scoop website at: [www.kitchenscoop.com](http://www.kitchenscoop.com).

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