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Granby to become part of Estrie as early as 2019

Page 5

THE RECORD

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FRIDAY, DECEMBER 14, 2018

Sherbrooke to march against racism this Saturday

By Gordon Lambie

This Saturday, downtown Sherbrooke will be host to what organizers hope will be a large-scale demonstration in support and solidarity with migrant people around the world. The demonstration, entitled "Ensemble avec les personnes migrantes contre le racisme" or, "Together with migrant people against racism" is rallied around a call to action that is available to read in English, French, and Spanish at <https://contreleracisme.wixsite.com/collectif>.

"The present context bears the great myth that the migrants are dangerous people, which legitimizes racism against them, as well as against all those who are different and live at the crossroads of oppressions due to their looks, beliefs, gender, gender identity, social class, or their skills," the call to action states. "The Collective opposes false truths and calls all of us to wake up."

CONT'D ON PAGE 3

2,000 pounds of Quebec chicken in support of Moisson Estrie and Moisson Granby



Delivery to the Moisson Granby warehouse. Martin Desroches (left), second vice-president of the Townships Poultry Breeders Association with two local breeders and a representative from Moisson Granby. (COURTESY)

Record Staff

In 2018, the Eastern Townships Poultry Breeders association donated \$3,600 worth of Quebec chicken to Moisson Estrie and Moisson Granby. According to group president, Mario Bérard, "the Moisson organizations are doing an important job in each region

and local poultry farmers want to contribute".

According to Bérard, Eastern Townships Poultry Breeders, and those from across Quebec, are proud to support these organizations fighting hunger and to be an important player in their community by helping families in need through of these organizations. "The

primary mission of the chicken farmers is to produce the best chicken to feed Quebec families. We believe that everyone should enjoy a festive and well-stocked celebration during the holiday season," he commented.

For information on Quebec chicken, visit www.lepoulet.qc.ca



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Weather



TODAY:
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RAIN

HIGH 3
LOW 1



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 3
LOW -10



SUNDAY:
SUNNY

HIGH 1
LOW -9



MONDAY:
60% CHANCE
OF FLURRIES

HIGH 0
LOW -11



TUESDAY:
60% CHANCE
OF FLURRIES

HIGH -7
LOW -13

So Long Stan



GOOD READS

LENNOXVILLE LIBRARY

Book review by Vince Cuddihy

Stan Lee, Marvel Comics' legendary creative genius, died last month, so I thought it would be appropriate to review one of his books. Although Lee is best known for co-creating many of Marvel's best loved characters such as Spider Man and Iron Man, as well as establishing Marvel as a powerhouse in the production of blockbuster films, he did write a few books along the way. Most of them are graphic novels and how-to books about cartooning. But he also authored at least one very clever and amusing novel.

Dunn's *Conundrum* (1985) is a mix of detective story, spy thriller and political satire. Harry Dunn is the boss of an intelligence group known as the Library. There are only twelve agents, referred to as Librarians, each of whom is a specialist in a particular field, but all of whom have access to all the information the other eleven have. Unlike the CIA's policy of making information available to agents on a need-to-know basis, the Library functions on a need-to-know-everything basis. And that "everything" includes whatever the CIA, the NSA and all the other US intelligence agencies know. Lee presents a world where all the Librarians operate like Tim McGee in *NCIS* or Penelope Garcia in *Criminal Minds*. They spend their time mining all the data bases in the country, including police records, prison records, phone records, as well as the tapes from all operative surveillance cameras.

There has been a break-in at the Library Reference Room while it was undergoing repairs. All systems had been shut down, but one of the burglars seemed to know how to reconnect them. This leads Harry to think that the puta-

tive thieves had inside help from one of the Librarians. He needs to ferret out the culprit before more damage is done. But how can you uncover the source of the leak when all the suspects know everything you know? That is Dunn's conundrum.

Harry assigns Walter Coolidge to find the mole, known to his outside contacts by the code name of the Doctor. Coolidge is an archaeologist by training. His academic papers on the study of garbage as a means of learning about daily life in ancient civilizations had attracted the Library's attention. If he can learn that much about people's behaviour from 2000 year-old garbage, think what he can learn from this week's trash! Coolidge's official title is the Trashman, but all the other Librarians refer to him as the Garbageman. In addition to spending his time sifting through waste bins, Coolidge is also carrying on a torrid affair with Vera Bishop, the photo analyst. It is her work on satellite pictures that leads Lee to forecast the development of Google Maps and Google Earth.

Walter's inquiries lead him to believe that the break-in was staged by a group that call themselves the Emersons and they are looking for information about O.F.F. Walter struggles to learn what O.F.F. stands for. Judging by the comportment in their personal lives of those who are at the top of the pecking order, which Walter is privy to because of all the microcams the Library has distributed around DC, and by how excited they all get when the percent for O.F.F. goes up, Walter starts to believe it refers to Opportunities For F—ing. Later on he will learn that it represents something much more sinister.

There are some very funny passages, such as this rant by Senator Garvey's assistant Davey Reed. "You see, ladies and gentlemen, the politics of this great republic of ours can be described with only one word. My fellow citizens, that word is vodka. American politics is straight, pure vodka...Tasteless, of course. Odorless, perhaps. Colourless, certainly. And yet, in spite of all, having the power to intoxicate."

But there are also some very alarming parts. The Doctor's clinical description of how WWII is going to unfold over a 30 minute period with only 25 to 28 million American deaths, mostly from cancers triggered by the increase in radiation, is truly frightening. One wonders whether Ronald Reagan had read

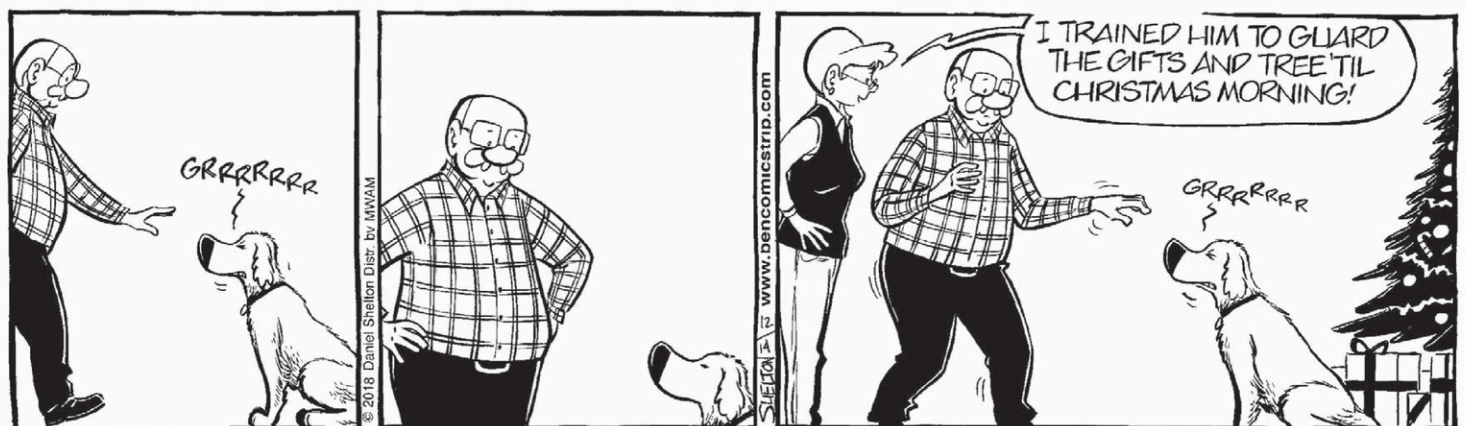


this book when he decided to restart negotiations with the USSR that led to the treaty that eliminated short and medium range nuclear missiles along with their warheads.

In some ways, *Dunn's Conundrum* seems badly dated, with no cellphones, no internet and no 9/11 in its consequences. But the following analysis still seems relevant in the dystopian world of current American politics. "You know what it's like out there. John Doe has anticommunism in his gut; it's in the water he drinks, the food he eats. He's touched with fear and righteousness and fanaticism and hate. You're going to tell this man that the arms race is our fault?...But you still refuse to deal with the problem that John Doe doesn't want to know. He enjoys his hate. It makes him feel superior. All any president has to do is go out to the country and rattle John Doe's cage every few years and he gets all the money he needs for the latest weapons systems."

Dunn's Conundrum is still in print. Or perhaps you can find a copy in someone else's trash.

Ben by Daniel Shelton



LOCAL NEWS

"We want immigrants to find good conditions when they come to our country,"

Bélanger opens Magog constituency office

Record Staff

Recently elected Orford MNA Gilles Bélanger has finally opened his constituency office in downtown Magog.

As political attaché Emmanuel Bouchard explains, it was important to be "at the heart" of Magog, so as to be closer to the people and the community. The choice quickly fell on an empty space at Parc des Braves. "Our goal was to find a place that would be as accessible as possible. Our wish is for people to feel comfortable coming to us, asking their questions and asking for help in their endeavors. By being downtown, we make sure we are where everything happens," explained Bouchard.

Although the space was found quickly, it took several weeks to complete the move and be fully functional. This situation is explained in particular

by the fact that each step requires the approval of the National Assembly, from the approval of the lease to the transfer of the telephone line. And because of the large number of new MNAs elected in Quebec, the process experienced longer delays than normal.

Fortunately, this situation did not prevent the Bélanger team from taking action quickly. "The day after the elections, we were already at work," said the political attaché. "We contacted the municipalities and organizations in our territory. With their requests, we made a list of projects in order to have a concrete picture of the situation. Our intention is to issue regular newsletters to the people to show them what we are working on and where we are going. We want people to be really aware of what we are doing."



(COURTESY)

Orford MNA Gilles Bélanger (third from left) with his team Stéphanie Desmeules (environmental advisor), Emmanuel Bouchard (political attaché), Adèle Boudreau (administrative assistant), Renée Drolet (administrative assistant), and Benoit Tremblay (Office Manager and political attaché).

Sherbrooke hotel ranked among top three in Quebec

Record Staff

Having been open for less than a year, the hotel OTL Gouverneur Sherbrooke has ranked among the top three 5-star hotels in Quebec.

The King St. West establishment has

been awarded a 2019 Trivago Award in recognition of its quality and service. The award is the highest honor given by Trivago, a world leader in online hotel booking.

OTL Governor Sherbrooke shares the podium with the Ritz-Carlton and the

Hotel Le St-James in the 5-star category, a press release says.

The property reopened on August 31, 2017, 13 years after it closed in 2004. The current construction site started in 2012 and the reopening, which was originally scheduled for the Canada Games in

2013, was postponed many times.

In addition to rooms, the hotel features multimedia rooms, a restaurant and bar, as well as a spa.

March against racism

CONT'D FROM PAGE 1

The text calls for the opening of borders to migrants and refugees on the basis that they deserve dignity and access to basic human rights.

"We don't believe the lies of politicians blaming social inequalities and unfairness on migrants, who in fact are the very first victims," it continues.

Michèle Vatz-Laaroussi, spokesperson for Saturday's march, said that the activity is a continuation of similar actions that took place in Montreal last year.

"People are afraid and the associate immigrants with a threat," Vatz-Laaroussi said. "We want it to be clear that not all Quebecers feel threatened."

The spokesperson said that the group

organizing the activity wants to counterbalance fearmongering they see going on in the political world and that of the media and to stand in solidarity with vulnerable people who are seeking a new, safe home.

"We want immigrants to find good conditions when they come to our country," she said.

The day's activities get started at 12:30 with a sign making workshop at the Centre coopératif de locaux communautaires de Sherbrooke (CCLCS), a cooperative that offers meeting space to community groups and organizations on Laurier Street.

The march will leave from the Marché de la Gare at 3 p.m. and head north on Belvedere to King Street. The procession

will then continue on King to the Corner of Alexander where it will turn south and follow that street before turning east on Ball. From Ball the route turns North on Brooks to rejoin King, where marchers will descend the hill before turning onto Wellington street, ending the demonstration in front of the City Hall. Throughout this winding journey, the group will stop in front of a series of landmarks where brief speeches on certain themes linked to the subject of the march will be given.

"It is a demonstration with substance," Vatz-Laaroussi said. "We're not just talking about a walk with some slogans."

After the march has finished, the participants are invited back to the CCLCS

for a community meal between 5 p.m. and 7 p.m.

Asked about turnout, the spokesperson said that the event has more than 1,000 interested on Facebook, with 110 individuals and 30 organizations having signed their call to action.

"We hope people will come but we've set no particular objective," Vatz-Laaroussi said. "We just hope for the largest number possible."

Vatz-Laaroussi also highlighted the family friendly nature of the event, pointing out that there will be a drop-in daycare service offered for the duration of the walk to anyone who wants to participate without their children. Children are also welcome to participate in the walk, as they are able.

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PAID ADVERTISEMENT

Costly Joint Pain Injections Replaced By New \$1 Painkiller for Arthritis

New cream relieves arthritis pain in minutes after applying; uses the strongest approved dose of an anesthetic which numbs the nerves that cause agonizing joint pain

By Pierre Watson
Associated Health Press

TORONTO – Expectations are high for a new breakthrough in arthritis pain relief. But unlike so many of the others, it comes in the form of cream, not a pill.

Initial users say the relief is extraordinary and when you look at the science it's easy to see why.

The new pain relief cream numbs the nerves right below the skin.

When applied to an arthritic joint, or a painful area on the body, it delivers rapid relief that lasts for hours and hours.

Blocks Pain Wherever It Hurts

The powerful painkilling effect is created by the cream's active ingredient, a powerful anesthetic.

Anesthetics are highly regarded by physicians in the medical community. They block specific signals so that patients don't feel pain and are incredibly effective.

"Those suffering with arthritis or joint pain can expect relief within minutes of their first application," explains Dr. Henry Esber, creator of the hot selling topical *Apeaz*.

"There will be a pleasant warming sensation that is followed by a cool, soothing one. This is how you know that the anesthetic and the active ingredients has reached the affected joint and tissue."

Soothes in Minutes

For sufferers of arthritis pain, *Apeaz* offers impressive advantages over traditional medications. The most remarkable is how quickly it relieves arthritis and joint pain.

The cream contains the maximum approved OTC dose of an amazing anesthetic, which rapidly penetrates the skin to numb the area that's hurting. This relief lasts for several hours.

Published pre-clinical animal studies have shown that the other ingredients in *Apeaz* can also prevent further bone and cartilage destruction.

No Risk of Ulcers or Stomach Pain

There are also no negative side effects as seen with pills. *Apeaz* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Over time, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

A Low Cost Alternative That Works

There are also tremendous savings when switching over to a topical like *Apeaz*. When

compared to other arthritis medications, *Apeaz* is a fraction of the cost. At less than \$2 a day, the cream is quickly becoming a household name.

Rapid Relief Without Pills or Needle Injections

Many *Apeaz* users report significant improvements in daily aches and pain. Many others also report increased flexibility, less stiffness, and decreased muscle soreness. They are moving with less pain for the first time in years.

"I've tried more pills than I can count. I've also had a handful of cortisone shots. Nothing is as effective as this product. With Apeaz, I get relief right away. I rub a little on my hands. It keeps the pain away. It also prevents the pain from getting really bad. It's completely changed my life," raves one user.

Apeaz™ is a Natural Health Product for the following conditions:

- Temporary pain • Simple back pain
- Strains • Sprains • Athletic injuries
- Muscle stiffness and pain
- Wrist, elbow, shoulder, hip, knee, ankle, foot, muscle or joint pain

The New Science Behind Arthritis Pain Relief

When applied to the skin *Apeaz* is absorbed in just minutes. It then penetrates through muscle and tissues, getting to the source of you pain, numbing the nerve endings.

"This is why *Apeaz* is so effective for people with arthritis pain. It reduces pain while adding an additional potential layer of joint support," explains Esber.

Highly Effective, According to Researchers

A pre-clinical trial on *Apeaz* was carried out by Dr. Esber and his research staff shortly after its initial production.

The results were published in the *Journal of Immunology*.

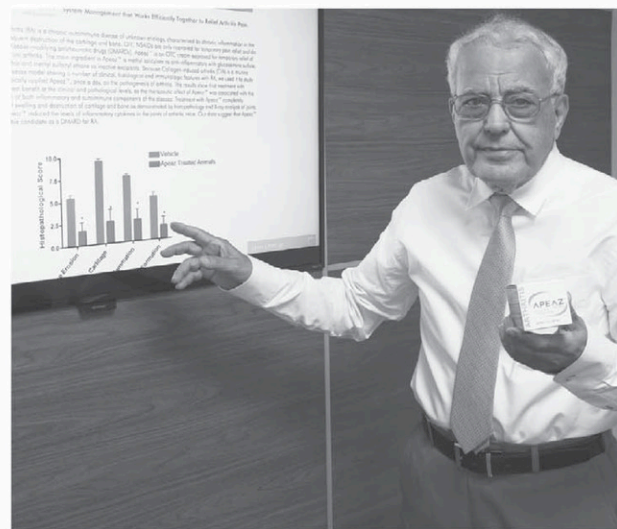
The study found that *Apeaz* induced an instant numbing effect, which blocked pain for several hours.

It also decreasing swelling and inflammation around joints.

Amazing Long Term Results

Even more remarkable, in the same study *Apeaz* was also shown to prevent the further destruction of cartilage, a major cause of arthritis.

"One of the most impressive things about the study was the various ways *Apeaz* was able to influence levels of pain. Many painkillers, and even creams, simply mask your pain. *Apeaz* is different.



NO PILL OR NEEDLES - JUST RELIEF: Apeaz delivers its active ingredient, a powerful painkiller, through the skin, providing users with rapid relief without pills or needle injections

Since it is absorbed through the skin it deliver rapid relief and is able to deliver its ingredients directly to infected arthritic tissue" explains Esber.

A New Weapon for Arthritis and Joint Pain

With daily use, *Apeaz* helps users live a more vital, pain free relief without any of the negative side effects or interactions associated with oral drugs.

Through the use of a powerful anesthetic, *Apeaz* is able to numb pain at the source, specifically around joints plagued by arthritis.

Readers can now enjoy an entirely new level of comfort that's both safe and affordable. It is also extremely effective, especially if nothing else has worked.

How to Claim a Risk Free Supply of Apeaz

This is the official public release of *Apeaz*™. As such, the company is offering a special discounted supply to any joint-pain arthritis sufferer who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canadian residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free hotline number is 1-800-963-3598 and will only be open for the next 48 hours. Only a limited discounted supply of *Apeaz*™ is currently available in your region.

Consumers who miss out on our current product inventory will have to wait until more becomes available and that could take weeks. Experience the guaranteed *Apeaz*™ relief already enjoyed by thousands of consumers. The company advises not to wait. Call 1-800-963-3598 today.

APEAZ IS A NATURAL HEALTH PRODUCT AUTHORIZED FOR SALE BY HEALTH CANADA FOR ARTHRITIS PAIN RELIEF AND MUSCLE ACHES

Granby to become part of Estrie as early as 2019

By Emilie Hackett
Special to the Record

For years now, the Haute-Yamaska regional county municipality (MRC) has been sitting on the fence between two administrative regions: Estrie and Montérégie. Haute-Yamaska's prefect, Paul Sarrazin, indicated earlier this year his desire to merge his MRC into Estrie. That idea might become a reality as early as 2019 thanks to Granby MNA François Bonnardel.

Bonnardel, who is also Quebec's Minister for Transport, recently expressed

that he wants the Estrie region's expansion to quickly become a reality, starting with Haute-Yamaska.

Haute-Yamaska, which includes eight municipalities such as Granby and Shefford, already has ties to Estrie through its health, transportation, and tourism sectors. According to Sarrazin, the municipalities have had to rely on ministerial budgets tied to Montérégie.

"We have had to sit in Montérégie, but we have not been able to participate in discussions about transportation, tourism, and health, because these budgets are allotted by departments in Es-

trie," explained Sarrazin to French newspaper La Tribune this summer.

Granby Mayor Pascale Bonin agreed, explaining that it created an imbalance for the MRC. Moreover, after the CIUSSS de l'Estrie-CHUS merged the Granby region into Estrie, many organizations had to cover a larger territory without extra resources.

In an interview with La Tribune, Bonnardel indicated that "Granby is ready," and that they simply need to get through bureaucratic intricacies. Brome-Missisquoi might also join the transition from Montérégie to Estrie. "Even if

Brome-Missisquoi decides not to follow, it won't stop Haute-Yamaska. However, Estrie would be much stronger with the two MRCs," he added.

According to Bonnardel, Andrée Laforest, Quebec's Minister of Municipal Affairs and Housing, is aware of the case and that the process should run smoothly. "We are all ready," he said. "We have felt more like Estrie residents than Montérégie residents for a very long time now."

Quebec pension plan enhanced in January

Record Staff

The government is reminding the public that the Québec Pension Plan will be enhanced effective Jan. 1, 2019 for all Quebec workers. It will enable future generations of retirees to increase their savings and thus be able to improve their retirement income level.

The Québec Pension Plan will be composed of two parts: the basic plan, that is to say the plan put in place in 1966,

and the supplementary plan, which is the result of the plan's improvement.

The annuity increase will be gradual and will be based on the number of years of contribution to the supplemental plan. People entering the labor market today will benefit from the largest increase in their retirement pension, while those who retire in the coming years will benefit from an increase in their pension in proportion to their number of years of contribution to this

additional plan.

It should be remembered that the Act enhancing the Québec Pension Plan and amending various legislative provisions relating to retirement was passed unanimously by the National Assembly last February.

In 2019, the contribution rate to the Québec Pension Plan will be 11.10 per cent, which is 10.80 per cent for the basic plan and 0.3 per cent for the supplementary plan. Contributions are paid

equally by employers and employees.

The maximum pensionable earnings (MPE), which is the maximum amount a worker will pay next year, will be \$57,400 instead of \$55,900. Contributions are levied on the portion of salary between the \$3,500 general exemption and the MPE.

The maximum contribution for an employee will be \$2,991, or \$2,910 for the basic plan and \$81 for the supplemental plan.

SAAQ volunteers join Operation Nez-Rouge

Record Staff

The holiday celebrations will be in full swing in the coming days and Operation Nez-Rouge is seeking the support of its volunteers, both new recruits and veterans, from across Quebec. A high turnout is needed to be able to meet the high demand expected for the weekend. To register as a volunteer in one of the 63 regions where the escort

service is offered, simply fill out the registration form at OperationNezrouge.com and send it via mobile app.

The SAAQ and Operation Nez-Rouge will be on the road beginning tonight

As a proud partner of Operation Nez-Rouge since its very beginnings, the Société de l'assurance automobile du Québec (SAAQ) would not miss its annual road excursion and as is the cus-

tom, staff members gather on the second Friday in December to train the largest group of employees across the country to participate in a drive-away evening. This year, 239 volunteers will don a red bib to join forces with Operation Nez-Rouge to make the holidays safer, a record in recent history for a group of volunteers from one organization participating in the same evening.

"I am proud to see that, year after

year, the SAAQ staff is faithful to the beautiful Operation Nez-Rouge tradition. In fact, I challenge organizations and groups to participate in this vital and beneficial volunteerism, so that they too can contribute in their own way to road safety," said Nathalie Tremblay, President and CEO of the SAAQ.

Estrie Regional Environmental Council lauds collective climate action

Record Staff

In order to demonstrate that the climate concerns economic stakeholders, the Estrie Regional Environmental Council (CREE) has led to more than 30 industries, businesses and institutions in the region towards concrete actions to limit the impacts of climate change. These mobilized companies are paving the way to continue this vast regional campaign entitled "Here, we're taking action for the climate!"

The \$60,000 funding obtained by the CREE under the Action-Climat Québec program, funded by the Green Fund and implemented by the FAQDD, was able to raise awareness for almost 400 representatives of organizations in the region of

the impacts of climate change and the importance of taking action. Through conferences and workshops on the theme "Understanding and responding to climate change in the Estrie region", these change agents were invited to act on sustainable rainwater management, the electrification of transportation and active transportation, eco-responsible practices in companies, and the energy efficiency of buildings.

At the heart of this original approach, experienced experts have accompanied industries, businesses and institutions (ICI) in the region ready to act in the fight against climate change. The CREE, ADDERE Consulting Service, the Quebec Association for Energy Management (AQME), COGESAF, COBARIC and the MRC du Granit have offered their exper-

tise to ICI by identifying their needs and providing them with the tools they need to move to action. Several measures have already been implemented as a result, such as the purchase of an electric vehicle by JL Expertise, the conversion of lighting and windows by the Sherbrooke Community Development Corporation, the organization of a bike-to-work campaign by the firm EXP, and obtaining the ICI recycle level 3 certificate by Horizon Notaires.

The number of municipal councils that support the Universal Declaration of Citizens with a Climate Emergency is multiplying in Quebec (more than 150 municipalities) and the number of signatories to the Transition Pact exceeds 250,000 people. It is clear that citizen mobilization for the climate is being or-

ganized. At the same time, at the 24th Conference of the Parties to the United Nations Framework Convention on Climate Change (COP24), leaders and representatives of 196 countries and states are expected to establish guidelines that will enable them to meet the commitments made at the United Nations Framework Convention on Climate Change (COP24), that is to the Paris Agreement, to limit global warming to below 2 ° C.

Any action undertaken, be it citizen, political or economic, is likely to contribute positively to the fight against climate change. The results of the ICI campaign show how climate can work for the climate and bring long-term positive benefits for an organization in all spheres of development.

EDITORIAL

Human rights are still relevant and new rights are evolving

Seventy years of international human rights

By Rhoda E. Howard-Hassmann
Professor Emeritus,
Department of Political Science,
Wilfrid Laurier University

It's the 70th anniversary of the Universal Declaration of Human Rights, which was proclaimed by the United Nations General Assembly on Dec. 10, 1948. Since then an enormous body of international human rights law has been developed.

Some people think that human rights should not be universal. And some critics believe that human rights are an example of Western cultural imperialism. They claim that non-Western countries did not participate in drafting the Universal Declaration. Yet non-Western countries have been involved since the earliest stages in drawing up human rights documents.

However, all countries can be quite hypocritical when it comes to applying the laws they agree to.

Other critics argue that human rights promote selfish individualism. Instead of caring for the family or community, people only care for their own rights. But in countries like Canada where human rights are, for the most part, legally respected, citizens follow these laws because they do have a sense of community and care for each other. Housing advocates, food bank workers and millions of volunteers help make human rights "work" on the ground.

Yet others claim that as China and other non-democratic countries become more powerful, human rights will be less important internationally. It is true that such countries do work to undermine many human rights, at home and at the UN. But that makes human rights more relevant, not less. We all need protection against abusive governments.

Human rights are still relevant and new rights are evolving.

Signs of progress

One sign of progress is in LGBTQ

rights. This topic is difficult to discuss internationally, because some places, especially but not only Russia and countries in Africa and the Middle East, still have laws that prohibit homosexuality. Some religious groups, in the Western world as elsewhere, are also homophobic. We don't yet have an international declaration on LGBTQ rights, but the UN is paying more attention to them.

In the last 20 years, much attention has been paid to "collective" human rights. These are rights that belong to groups of people and that one individual can't exercise if others can't also exercise them.

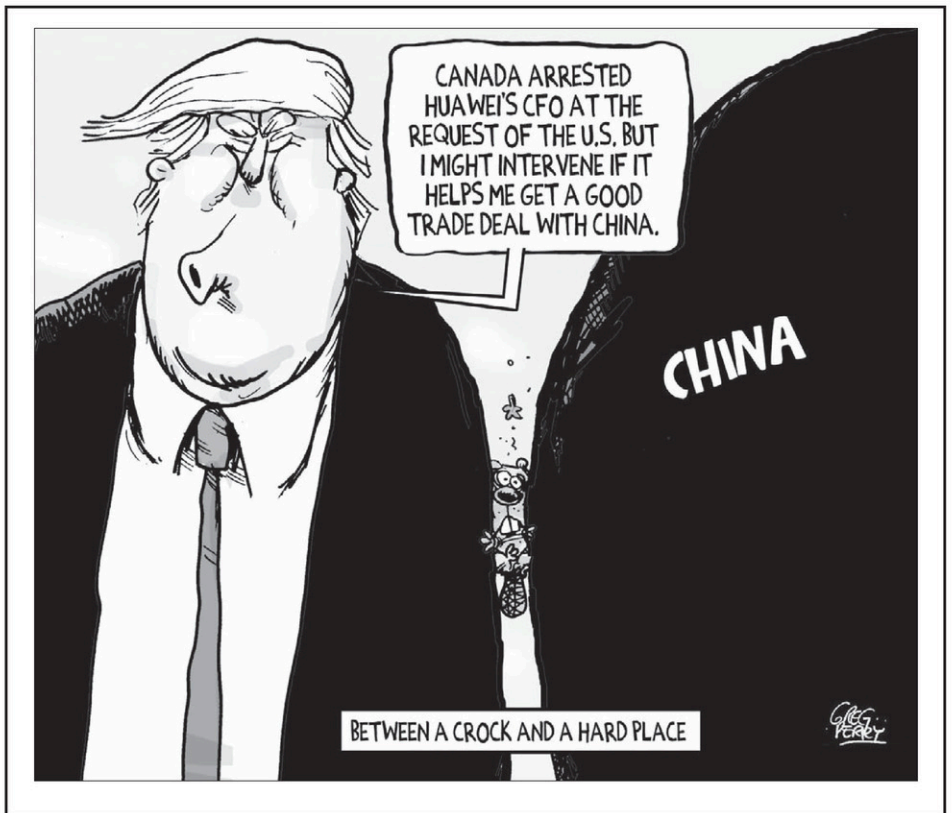
Indigenous rights are collective rights. Indigenous ways of life, languages, religions, cultures and land bases are threatened. In 2007 the UN passed UNDRIP, the United Nations Declaration on the Rights of Indigenous Peoples. Canada voted against the Declaration, but later reversed its position. By 2016 the government declared its full support for UNDRIP.

Clean environment is a right

A collective right that affects everyone everywhere is the right to a clean and healthy environment. This includes the right to protection against climate changes that undermine our livelihoods and well-being.

Another collective right is the right to peace. Viewed narrowly, this is the right not to live in a state of war. In 2018, many people still live in war-torn countries, especially countries in the Middle East and parts of Africa. Others, in the Ukraine, live in fear of war. And we all live in fear of nuclear war.

Both climate change and war create huge refugee populations. By 2050, it's thought, there will be 200 million "climate refugees" fleeing rising sea levels. Add to that the refugees who are fleeing large-scale crime, like the migrant "caravan" currently trying to enter the United States.



Economic human rights

The UN recently agreed on a Global Compact for Migration, setting out voluntary principles meant to save lives and ensure successful migrant integration into new countries without unduly burdening social infrastructure such as health care. But the real challenge is to ensure people don't have to leave home at all.

One way to ensure more people can live in their homes is to develop economies. The right to economic development is a collective right. Development activists usually try to reduce both poverty and inequality. There's been an enormous reduction in world poverty over the last 25 years, even as inequality has been growing in most countries.

This means it's easier to fulfil what is

known as economic human rights, such as rights to health, education and housing. Very little of this change results from foreign aid; most is a result of the spread of market economies.

Many people in many countries have benefited from globalization, though others, such as industrial workers in Canada and the U.S., have lost their jobs. This is one of the reasons for the spread of anti-immigrant, xenophobic sentiments in the Western world.

Unless we can figure out a way to control these sentiments and reduce the need for people to flee their own countries because of war, crime, economic challenges and climate change, we are facing an uneasy human rights future.

Letters

A long overdue Christmas present

Just a few days before Christmas, the new Minister of Employment, Social Solidarity and Labor has broken tradition by not making an announcement regarding an increase in the minimum wage. In recent years, this announcement was made around the holiday season and came into effect on May 1.

Is the government going to make the announcement later or is the minister just another nail in the coffin of low-wage people who are already struggling with problems of insufficient income and debt? They hope to improve their lot in the face of the various increases of the last months which have disastrous effects for financially precarious people.

We deplore the silence of the minister. This shows a lack of respect for the less fortunate. Remember that the government had taken steps in the right direction with the increases of \$0.50 and \$ 0.75 that had improved the lot of low wage earners. Will we be without a raise or with a minimal increase for the next year, thus reducing the efforts of previous years?

The hourly rate of the current minimum wage is insufficient to lift a single person working full time out of poverty. The Quebec government must raise the minimum wage so that workers can get out of the poverty trap. Like many other groups and organizations, we are asking for a minimum wage of \$15.00. With a salary of \$12.00, you do not get out of poverty. People on minimum wage are still in survival mode, dependent on charity and donations.

Will the minister be touched by the magic of Christmas?
MANON BRUNELLE, ILLUSION-EMPLOI
LINE MARCOUX, ACTION TABLE D'ACTION CONTRE L'APPAUVRISSMENT DE L'ESTRIE

THE RECORD

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ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Reality

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

1) Is this the real life? Is this just fantasy? / Caught in a landslide, no escape from reality / Open your eyes, look up to the skies and see. I have these lyrics from a "Queen" song, "Bohemian Rhapsody" in my head ever since I saw the fall musical at Alexander Galt High School. Reality is certainly an intriguing word these days. We hear the expression "fake news" almost every day from our neighbour to the south. People rate something they see on Facebook as equally valid as a newspaper article written by a trained reporter. Even science is questioned, and many deny solid facts. Reality has become a matter of opinion. For some, even higher education is denigrated and universities are branded as elitist. These are strange times.

This week, Time magazine named a newspaper and four journalists, including Washington Post's murdered Saudi columnist Jamal Khashoggi, as Person of the Year. These heroes report the news and sometimes even put their lives at risk to tell the truth.

One experience I had at a young age taught me to identify with them and appreciate their work. I was chosen to be the editor of our school newspaper when I was in grade 9. I remember asking the principal if I had to check with her before sharing a story that might be critical of the school. She told me that as editor I had the freedom to write whatever I thought was the truth. I took her advice and had a great year. I celebrate independent journalists, and am really glad Time magazine honoured them.

As I graduated high school I put a quote in my yearbook beside my picture: "You shall know the truth, and the truth shall set you free." I believe that as much now as I did then. Let's live in reality, and celebrate knowledge and science and real news.

2) In a recent Sunday scripture reading Jesus of Nazareth, who is on trial, says "I am the way to the truth" to which his judge and accuser Pontius Pilate scoffs, "What is truth?" In these busy weeks preceding Christmas, it might be helpful to reflect on some words of the one whose birth we celebrate, when he counselled us to find the true meaning of life through service to others.

In today's every day climate of fake news, telephone scams, questioning scientific facts about climate change and the outright lies of politicians, it becomes difficult indeed to distinguish truth from falsehood; reality from fiction. Have we like Pilate given up trying to figure it all out? Or are we willing to have our behaviours and our values challenged for the sake of the greater good?

Today I heard a wakeup call from the lips of a fifteen-year-old Swedish girl named Greta Thunberg. She was addressing the United Nations and she was not asking for anything. She was telling all the adults in the room that the youth of this world were not going to wait around watching the earth's climate deteriorate to the point of no return whilst politicians, and short term economic interests dictate public policy to the detriment of human viability on this planet.

Although it was uncomfortable to hear, this young voice rang true. Will we sit contently in the warming pot of climate change, like sleepy frogs, until we are done? Or will we learn to self-sacrifice for the sake of future generations, voluntarily lower our standard of living, share more of what we have and consume less? This is the reality I see. What about you?

3) "Believe nothing you hear and half of what you see." I forget who gave me that advice. But I think there is some truth here, especially if the information you hear has passed through more than one person.

As a new pastor in a small town I received an email from a new parent I had not met, asking if I could baptize their baby. I replied with congratulations and let them know that, before we agreed on a date for the baptism, we'd need to meet for baptism preparation. I

suggested a few times and asked them to let me know what might work, and said I looked forward to meeting them. Over the week following this exchange I heard many times, from many people, that the word in town was the new pastor was refusing to do baptisms.

The reality for this parent was: being asked to meet for preparation, and my refusal to choose a date for the baptism until we did, was a rejection. Previous pastors had just said yes to the date the family wanted and met them when they showed up on that Sunday. This is how it had happened for other family members, and they could not understand why they were being asked to do something so unreasonable.

The reality for me: I believed this was the "normal" way to get ready for a baptism and thought it was important to meet before the big day. The reality for me was that I also felt rejection, especially when they had their baby baptized at the church across the street.

We both had the same exchange of words, even in black and white right in front of us, but our realities were different. I try to remember things like this when I hear about some terrible thing that someone has done. How we see and interpret reality depends on our experiences, values, and expectations. Please be gentle and curious with each other whenever you can.

4) Good wishes fly through the frosty air as we greet each other at every turn with Merry Christmas or Happy Holidays. Whichever words you choose, the larger reality is that at least 20 or so diverse world sacred and seasonal holidays occur in the weeks surrounding December 25th. All celebrate light and peace and goodwill, all come with expectations that the year ahead will be bright with the promise of the new.

In the midst of all our celebrating, a reality for many stands in stark contrast to the joyful season. Family history, difficult memories of holidays past, deaths of loved ones or changing circumstances in the past year, job loss or poor health and all manner of difficult realities may cut through the tinsel and jingle bells. I know this from the stories of blessed families I am privileged to serve and my own family's experience.

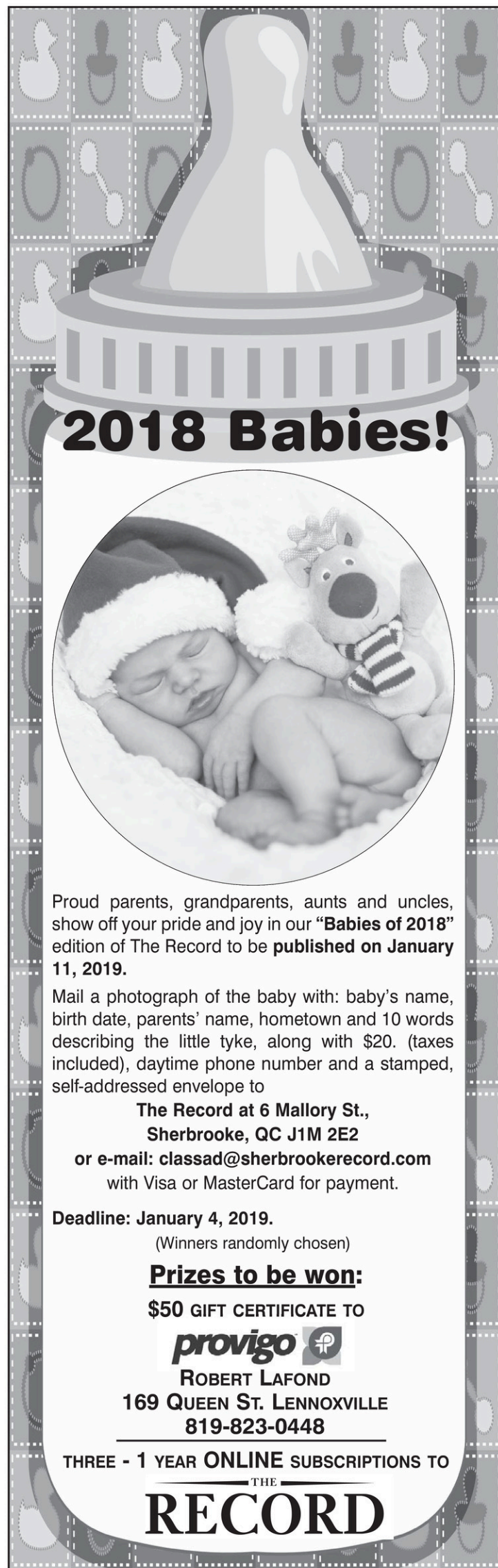
We long for peace and joy, yet each year finds us "careening toward Christmas" - wary of falling off the annual merry-go-round. A horrendous family break-up decades ago still lives in memory, and we instinctively approach this holiday with unconscious anxiety, feelings of failure, grief and loss. Each of us remembers it all so differently, depending upon age or birth order or stage of development. Yet each one's reality is real for them. At best we scale down expectations, reach out to others in need of support, invent new traditions when the old ones no longer work. At best, we remember to take exquisite care of ourselves and each other. And the gift we most need is patience from others when we least feel merry and bright.

What would a perfect Christmas look like. Whatever our personal reality this season, may we hold room in our hearts for those whose reality differs from our own - especially those lost, broken, or suffering, the ones seeking refuge and peace. So may we be the blessings of the season of which the carols sing!

One word, four voices - now it's your turn to reflect: Reality; what is it for you and how does it compare with that of others?

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.




2018 Babies!

Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2018" edition of The Record to be published on January 11, 2019.

Mail a photograph of the baby with: baby's name, birth date, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

**The Record at 6 Mallory St.,
Sherbrooke, QC J1M 2E2**
or e-mail: classad@sherbrookerecord.com
with Visa or MasterCard for payment.

Deadline: January 4, 2019.
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Eight Misbehavin' at la Belle Chapelle this Sunday

Record Staff

This Sunday will be the last chance to catch the a cappella group Eight Misbehavin' on their Townships holiday singing blitz.

The group will perform a selection of well-known Christmas themed classics as well as some rarely heard pieces for the audience to discover.

The members Melinda Enns, Sarah Heath (sopranos), Jenn Cianca, Fannie Gaudette (altos), J.D.Kent, Daniel Miller (tenors) et Jamie Crooks, Tim Doherty (basses) are all linked to Bishop's University, either as teachers, staff or former students.

They first got together a few years ago simply for the joy of singing. Their informal evenings of gathering to sing soon developed into a tightknit vocal ensemble, now in high demand because of their unique repertoire and impressive talent.

Other concerts this holiday season included visits to Grace Village Pavilion and Uplands Heritage and cultural Centre (sold out), to name a few.

The last chance to catch the group before they break for the holidays will be this Sunday, Dec. 16 at La Belle Chapelle, located at 500 Murray Street in Sherbrooke.

The show will take place at 3 p.m. Tickets are \$25 and include parking.



COURTESY

Sherbrooke Christmas market well underway

Record Staff

There are still two weekends left to visit the Christmas activities at Sherbrooke's marché de la Gare. On Saturday and Sunday December 14-15 and 22-23, more than 40 local producers, merchants, and artisans will have their wares on display for anyone who has yet to get all they need for the holidays.

In addition to the usual selection of meats and cheeses, gift ideas, Yule logs, and arts and crafts that are for sale, the market is also offering a range of welcoming and entertaining activities for visitors of all ages throughout the holiday season.

"By setting up a stage in a large cen-

tral space for story time and music shows, we aim to create an atmosphere focused on the spirit of the various events," said Sylvie-Luce Bergeron, president of Féeries hivernales de Sherbrooke, the organization which organizes most wintertime activities in the city of Sherbrooke.

On the schedule in terms of animation are story times, visits from Santa Claus, and a range of musical presentations. On Sunday, the market site also hosts horse-drawn carriage rides throughout the day. Unlike in past years, the Christmas market offers neither a ferris wheel nor a large slide for children this holiday season. More information about the lineup of musical guests and

performances is available online at www.noelaumarche.com

Les plantations Stephan Perreault has also set up its annual display of locally grown Christmas trees and wreaths, not only giving people the opportunity to buy their tree without leaving town, but also giving the whole market and added festive feeling.

Two new artworks have also been set up at the market to help get visitors in the holiday spirit. The first, a 12 foot tall Santa Claus, was created by Lennoxville resident Jacques Gauthier. The second is a "ecofriendly" Christmas tree made out of 750 plastic water bottles created by l'Atelier d'exCEptions, an initiative of the Centre d'éducation populaire de l'Estrie

(CEP)

Alongside the Market, Sherbrooke Tourism Agency Destination Sherbrooke has relaunched its annual "elf hunt," and is inviting people to help find Santa's elves hidden in each of the city's downtown murals. Participants can pick up a flyer and game sheet at the tourism bureau at the corner of King and Richmond Streets near the market, or online at elfhunt.ca.

The annual marché de la Gare Christmas Market is coordinated by Féeries hivernales de Sherbrooke in collaboration with the Government of Quebec and Destination Sherbrooke.

Foresta Lumina wins international award

Record Staff

aries of quality while working hard and committing to deliver with ever renewed quality.

"We are delighted to receive this award which magically concludes our 2018 season," commented Caroline Sage.

Foresta Lumina is a must-see in the local tourism industry. "The activity has excelled internationally since its creation in 2014 and the Best Quality Leadership Award confirms this fact after our fifth season, we are still the leaders of night activities. This is greatly exciting for years to come," said the Executive Director.

Parc de la Gorge de Coaticook is a non-profit organization that welcomes more than 300,000 visitors annually. As a major tourism industry player in the Eastern Townships and Quebec region, it offers its clientele outdoor activities during the entire year: hiking, camping, mountain biking, fat bike, Margaret's Farmhouse, winter products and the prize-winning Foresta Lumina.

Foresta Lumina was created in 2014. Since then, more than 635,000 luminaries (Foresta Lumina visitors) have traveled the enchanting forest of Parc de la gorge de Coaticook. The night trails have been enhanced each season since its beginning. Today there are 11 zones including the four new zones and its new projection in the city of Coaticook. This night activity is Parc de la gorge de Coaticook's leading activity.



RECORD ARCHIVES/OCEAN FRANCOEUR

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		Today Third Hour		Today-Kathie Lee & Hoda			
CBMT	6	206 301	Daybreak		What He Ate	Beat Bugs	Becca's Bunch	The Furch	Wandering	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den			
CHLT	7	107 718	F	Salut bonjour (N) (Live) (SC)												
			M													
			T													
			W													
WMTW	8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View			
CKSH	9	108	Varied Programs		Garfield et cie	Schtroumpfs	Surprise	Contes	Var. Programs	Marina Orsini			Ricardo	Silence		
CKMI	11	-	Global News Morning						Morning Show	Huntley Str't	Decks	Carnival Eats	Holmes Makes It Right			
CFCF	12	205 312	Your Morning		Your Morning		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		Var. Programs	Paid Program	The View			
WUTV	60	-	Var. Programs	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Varied Programs		Couples Court	Couples Court	Face the Truth	Face the Truth		
CFKS	31	106 726	F	NVL	Moment V	Moment V	NVL en bref	Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Histoire	Guerre-clans	Guerre-clans	
			M	NVL week-end								Infopublicité	Infopublicité	Nashville	Rayna est partagée.	
			T	NVL												
			W	NVL												
WUHF	-	363	Grill	Good Day R	Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth		
WETK	-	-	Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Varied Programs		Daniel Tiger	Pinkalicious	Sesame Street	Splash		
WCFE	-	-	Var. Programs	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur		
A&E	615	520	Paid Program	Varied Programs			The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Varied Programs				
BRAVO	620	523	F	"The Twelve Trees of Christmas" (2013) Mel B. Ⓢ												
			M	"Pete's Christmas" (2013, Children's) Bruce Dern. Ⓢ												
			T	"Catch a Christmas Star" (2013) Shannon Elizabeth. Ⓢ												
			W	"Finding Christmas" (2013) JT Hodges, Tricia Helfer. Ⓢ												
			Th	"A Very Merry Mix-Up" (2013) Alicia Witt, Mark Wiebe. Ⓢ												
CNN	500	500	New Day With Alisyn	New Day With Alisyn	New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate			
DISC	520	505	F	Mayday "Deadly Distraction"												
			M													
			T													
			W													
HIST	522	506	Restoration Garage		Yukon Gold		Ice Road Truckers		Restoration Garage		Yukon Gold		Ice Road Truckers			
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
RDI	126	730	(5:00) RDI matin													
SHOW	616	521	Rookie Blue		Continuum		Movie				Movie					
SLICE	601	562	ET Canada	Say Yes-Dress	Varied Programs											
TLC	521	560	Varied Programs								Say Yes		Varied Programs			
TSN	400	400	F	SportsCentre												
			M	SportsCentre												
			T	SportsCentre												
			W	SportsCentre												
YOUTH	551	542	Cloudy, Meat	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	Mysticons	Mysticons	Cloudy, Meat	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	Daily Blast	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	Grand Designs	Heartland	Bondi Vet	Murdoch Mysteries						
CHLT 7	107	718	(:02) Le TVA régional	Movie	Tom & Jerry	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles					
WMTW 8	-	-	News	Access	GMA Day	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	WMTW News 8 at 5PM					
CKSH 9	108	-	F Téléjournal	Second regard	Bienvenue au paradis (N) o	Bienvenue au paradis (N) o	Le temps d'une paix (SC)	Entrée principale "Les meilleurs moments" (N)	Silence					
			M Les aventures du baron de Münchhausen	Les aventures du baron de Münchhausen.	(DVS) (SC)	Mr. Bean o	Les Parent	Gars, fille						
			T ** "Un lancer à un million de dollars" (2014) Jon Hamm. Première. (SC)	** "Le pot aux roses" (1997) Kevin Kline, Joan Cusack. (SC)										
			W ** "McFarland" (2015) Kevin Costner, Maria Bello. Première. (SC)	** "La ville du père Noël" (2008) Candace Cameron Bure.										
			Th ** "John Carter" (2012, Science-fiction) Taylor Kitsch, Lynn Collins. (SC)	** "Noël avec les Krank" (2004) Tim Allen. (DVS) (SC)										
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray	Millionaire	The Young and the Restless	Global News				
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show	The Ellen DeGeneres Show	CTV News Montreal at 5						
WVNY 22	-	-	Hot Bench	Hot Bench	GMA Day	General Hospital	Judge Judy	Judge Judy	Judge Judy	Judge Judy				
WUTV 30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	The Doctors	Steve	Family Feud	Family Feud					
CFKS 31	106	726	Occupation do	Movie	Movie	Les Simpson	Les Simpson	Les Simpson						
WUHF	-	363	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs				World News
			F Engelbert Humperdinck in Hawaii (My Music)	Carpenters	Arthur's Perfect Christmas	Odd Squad	Kid Stew o	Let's Go Luna! Luna's	"Curious George: A Very"					
			M Antiques Roadshow o	Love Quilting	Ready Jet Go!	Peg & Cat	Arthur o (El)	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious			
			T Globe Trekker o (DVS)	Rick Steves										
			W We'll Meet Again o	Cooking										
			Th NOVA o (DVS)	Mountain Lake		Wild Kratts								
A&E	615	520	Varied Programs											
BRAVO	620	523	Movie											
CNN	500	500	Inside Politics	Brianna Keilar										
			F CSI: New York o	CSI: New York "Clean Sweep"	Vegas Rat Rods o (DVS)	FantomWorks "Beetle Juiced"	Bitchin' Rides o	MythBusters o						
			M Alaska: The Last Frontier o	Heavy Rescue: 401	Bones o									
			T Vintage Tech	Vintage Tech	Master of Arms "Elgin Pistol"									
			W Gold Rush: Pay Dirt o	Gold Rush "Father's Day"	Highway Thru Hell "Rockslide"	Highway Thru Hell								
			Th Border Live "Border Live 12.19.18" o	Bones o	MythBusters o									
			F American Pickers o	Pawn Stars o	Pawn Stars o	Counting Cars "Heavy Metal"	Forged in Fire o	Pawn Stars o	Pawn Stars o	Counting Cars "Heavy Metal"				
			M Supercharged	Supercharged	Forged in Fire: Cutting Deeper	Forged in Fire o				Supercharged	Supercharged			
			T Forged in Fire o	Counting Cars	Counting Cars					Counting Cars	Counting Cars			
			W Counting Cars											
			Th Counting Cars											
PARMT	628	584	Bar Rescue	Bar Rescue										
RDI	126	730	Téléjournal	Les ex	L'info					(3:59) Mordus de politique	En direct avec Patrice Roy			
			F Rookie Blue "Wanting" o	Law & Order: SVU	Law & Order: SVU	NCIS A Marine on life support.	NCIS "Grace Period" o	Law & Order: SVU						
			M Law & Order: SVU											
			T Law & Order: SVU											
			W Law & Order: SVU											
			Th Law & Order: SVU											
SLICE	601	562	Varied Programs	Sex & the City	Sex & the City	Varied Programs								
TLC	521	560	Varied Programs											
TSN	400	400	SportsCentre	SportsCentre	Varied Programs				Outside Lines	Var. Programs	Questionable	SportsCentre	Interruption	
YOUTH	551	542	Loud House	SpongeBob	Mysticons	The ZhuZhus	Cloudy, Meat	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING

DECEMBER 14, 2018

	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)	I Love Lucy Christmas Special (N) o	(:01) The Dick Van Dyke Show -- Now in Living Color!	Blue Bloods Frank is forced to honor a conspirator. o	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) o					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Wheel of Fortune (N) o	Midnight, Texas Manfred vows to get revenge. (N) o	Dateline NBC (N) o	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) o					
CBMT 6	206	301	CBC Montreal News (N)	Power & Politics o	Interrupt This Program o	Coronation Street (N) o	* "The Santa Clause 3: The Escape Clause" (2006, Children's) Tim Allen, Martin Short, Elizabeth Mitchell. o	The National (N) o	CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street o				
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	** "Les 33" (2015) Antonio Banderas, Rodrigo Santoro. Première. Trente-trois mineurs se retrouvent coincés dans une mine. (DVS) (SC)	Fresh Off the Boat (N) o	Speechless (N) o	Child Support Tammy and Trisha vie for the prize. o	TVA nouvelles (N)	(:35) *** "Veronica Mars" (2014, Policier) Kristen Bell, Veronica Mars revient dans sa ville natale pour aider Logan.	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Justin Theroux; Karen Gillan. o			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) o	Jeopardy! (N) o	Fresh Off the Boat (N) o	Speechless (N) o	Child Support Tammy and Trisha vie for the prize. o	(:01) 20/20 o	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live Justin Theroux; Karen Gillan. o			
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Le TJ Extra ICI Estrie (N)	Étoiles sur glace 2018 Le spectacle Étoiles sur glace.	Ici on chante Debbie Lynch-White et Judi Richards. (N)	Les Morisette en spectacle (Part 1 of 2) (SC)	Le téléjournal (N) (SC)	(:05) "Le bonheur de Pierre" (2009) Philippe Agède, Vincent Bilodeau. (DVS) (SC)						
CKMI 11	-	-	Global National (N) o	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS A deal is struck with a murderer. o (DVS)	MacGyver MacGyver searches for a Navy SEAL.	Border Security: Canada	Border Security: Canada	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) o			
CFCF 12	205	312	(5:59) CTV News Montreal (N) o	Local 22 News (N)	Local 22 News (N)	Local 22 News (N)	Inside Edition (N) o	Fresh Off the Boat (N) o	Speechless (N) o	Child Support Tammy and Trisha vie for the prize. o	(:01) 20/20 o	Local 22 News (N)	(:35) Jimmy Kimmel Live Justin Theroux; Karen Gillan. o		
WVNY 22	-	-	The Big Bang Theory o	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	Last Man Standing (N)	The Cool Kids (N) o	Hell's Kitchen "What Happens in Vegas" (N) o	2 on Your Side	Seinfeld "The Heart Attack"	Two and a Half Men o	Two and a Half Men o	Last Man Standing o	
WUTV 30	-	-	Souper parfait	Taxi payant	L'arbitre "Moments inédits"	Huissiers (N)	Huissiers	Bootcamp: le parcours extrême	Les disciples Les soupçons se multiplient. (SC)	Atomes crochus	NVL (N)	Moment V			
WUHF	-	363	Modern Family "Flip Flop"	Modern Family o	The Big Bang Theory o	The Big Bang Theory o	Last Man Standing (N)	The Cool Kids (N) o	Hell's Kitchen "What Happens in Vegas" (N) o	13WHAM News at 10 on Fox Rochester (N) (Live) o	DailyMailTV (N) o	The Simpsons o	Paid Program o		
WETK	-	-	PBS NewsHour (N) o	BBC Newsnight	Vermont This Week (N)	Washington Week (N) o	Firing-Hoover	k.d. lang -- Landmarks Live in Concert: A Great Performances Special (N) o	Great Performances o	Amanpour and Company (N) o					
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) o	Mountain Lake Journal	New York Now o	Ed Sullivan's Rock and Roll Classics -- The 60s (My Music) Some of the biggest hits of the 1960s. o	Aging Backwards 2: Connective Tissue Revealed	Amanpour and Company					
A&E	615	520	(5:00) Live PD "Live PD -- 12.08.18" o	(:06) Live PD: Rewind "Live PD: Rewind No. 173" (N) o				Live PD "Live PD -- 12.14.18" (N) o (Live) o							
BRAVO	620	523	Bones Dr. Brennan and Booth track a terrorist. o	Bones A corpse is found hanging from a tree. o	Bones "The Man in the Bear" Ritualistic cannibalism.	Bones "A Boy in a Bush" Suspects. o	Bones A mummified corpse is found at a club. o	Bones Brennan testifies for Zach. o	Bones o						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) o	CNN Special Report o	Anderson Cooper 360 o	Prime Time						
DISC	520	505	Highway Thru Hell "Reading The Road" o (DVS)	MythBusters Investigating a leaping carp. o	Highway Thru Hell The crew heads up a remote mountain.	Gold Rush: The Dirt Tony Beets doesn't hold back. (N)	Frontier Harp and the group head to Scotland. (N)	Frontier Sokanon is betrayed. (N) o (DVS)	Gold Rush: The Dirt o						
HIST	522	506	American Pickers Frank makes a side deal. o	Trucks Transformed	Rescue Trucks o	Rust Valley Restorers A 1964 Buick Riviera. o	American Pickers Mike flips for a coin-operated elephant.	American Pickers Frank vs. Mike in their biggest bet. o	American Pickers o						
PARMT	628	584	(5:30) Ink Master	Ink Master "Glass on Blast" Art by sand blasting glass.	** "I Am Legend" (2007, Science Fiction) Will Bloodthirsty plague victims surround a lone survivor. o	Smith, Alice Braga, Dash Mihok.	Bellator MMA Live The long-awaited rematch between Brent Primus and Michael Chandler for the Lightweight World Title. (N) o (Live) o								
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 "Bilan actualité internationale" (N) (SC)	Les grands reportages (SC)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)				
SHOW	616	521	Law & Order: Special Victims Unit "Ballerina" o	NCIS "Iceman" A Marine on life support. o	Bull A man is accused of manslaughter. o	** "Clash of the Titans" (2010) Sam Worthington. Perseus, son of Zeus, embarks on a dangerous journey. o	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. o (DVS)								
SLICE	601	562	Sex and the City o	Sex and the City o	Flipping Out Jeff and Gage compete. o	Flipping Out Jeff's grandmother goes to the hospital.	Sweet Home Jennifer redesigns the judge's office. (N)	Get a Room With Carson & Thom (N) o	Sex and the City o	Sex and the City o	Sweet Home o				
TLC	521	560	Four Weddings Waltz with Santa; fist pumping. o	Four Weddings Winter holiday-themed weddings. o	90 Day Fiancé "Extended: No Way Out" Larissa and John have a huge fight. (N) o	90 Day Fiancé "Extended: No Way Out" Larissa and John have a huge fight. (N) o	90 Day Fiancé Return to Amish Dawn wonders about going home. (N)	90 Day Fiancé o	90 Day Fiancé o	90 Day Fiancé o	90 Day Fiancé o				
TSN	400	400	SportsCentre (N) (Live) o	NBA Countdown (N)	NBA Basketball Indiana Pacers at Philadelphia 76ers. (N) (Live) o	NBA Basketball Indiana Pacers at Philadelphia 76ers. (N) (Live) o	NBA Basketball Oklahoma City Thunder at Denver Nuggets. (N) (Live) o								
YOUTH	551	542	Transformers	Lip Sync	** "Zootopia" (2016) Voices of Ginnifer Goodwin. o	(:15) *** "The Nightmare Before Christmas" (1993) o	Just Kidding	Just Kidding	Nightmare						

Your week on TV

SATURDAY DAYTIME DECEMBER 15, 2018

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 "Betsy"	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	AAA Benefits	World's Toughest Mudder	College Basketball Crossroads Classic -- Notre Dame vs Purdue. From Bankers Life Fieldhouse in Indianapolis. (N)				
WPTZ	5	-	-	(7:00) Today (N) (LIVE)	Hanna Into the Wild	Teen Kids News (N)	Champ Within	The Voyager	Vets Saving Pets	Consumer 101 (LIVE)	Naturally, Danny Seo	Vets Saving Pets	Premier League Soccer United FC. (N) (LIVE)	Fulham FC vs West Ham	Prem Goal Zone	Golf PNC Father/Son Challenge, Day 1. (N)		
CBMT	6	206	301	The Furchester Hotel	PJ Masks (LIVE)	True Rainbow	Addison (LIVE)	What He Ate	(:28) Beat Bugs (LIVE)	Our Montreal (LIVE)	Swimming FINA World Championships. From Hangzhou, China. (N)	FINA World Championships. From Hangzhou, China. (N)	Pinty's Grand Slam of Curling The National: Women's Quarterfinals. From Conception Bay, Newfoundland. (N)					
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien "Noël" (N)	Deux filles le matin Chloé Sylvestre. (SC)	L'ère de glace Noël	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	** "Les Boys" (1997) Marc Messier. Un entraîneur endetté mise tout sur ses joueurs. (SC)				
WMTW	8	-	-	Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	The Great Dr. Scott	The Great Dr. Scott	Rock the Park	Vacation Creation	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football				
CKSH	9	108	-	Nils Holgersson	Hôtel Transyl	Sept nains et moi	Arthur	Code Max (SC)	(:41) Edgar et Ellen (LIVE)	Podium (N)	Estrie	Téléjournal	La facture (SC)	Enquête (SC)	Les grandes entrevues "Ricardo"		** "En quête d'une galaxie" (1999) (SC)	
CKMI	11	-	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	Sarah's Cottage	Paid Program	Powerboat Television	Driving Television	Airport: Below Zero (DVS)	Holmes Inspection "Moisture Madness"	*** "The Bourne Legacy" (2012, Action) Jeremy Renner, Rachel Weisz. (LIVE)				
CFCF	12	205	312	Your Morning Weekend (N) (LIVE)		Operation Smile (LIVE)		Health and Family	Flour Power	Written Canada	DNA Dinners (N)	SportsCentre (N) (LIVE)	Moneytalk (N) (LIVE)	Where To I Do? (LIVE)	"One Starry Christmas" (2014, Romance) Sarah Carter, Damon Runyan. (LIVE) (DVS)			
WVNY	22	-	-	Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	The Great Dr. Scott	The Great Dr. Scott	Rock the Park (N)	Vacation Creation	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football				
WUTV	30	-	-	Wonder Cooker	Paid Program	More Hair	Paid Program	LifeLock Protection	Smokeless Grill	Power Air Fryer Oven	Car Repair Secret!	Raw Travel (LIVE)	PiYo Workout!	Nashville Holiday Music Special (LIVE)	Raw Travel (LIVE)	PBC Face to Face	Inside PBC Boxing (N) (LIVE)	
CFKS	31	106	726	L'heure de la	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D (SC)	RPM	RPM Plus	Infopublicité	Occupation double Grèce "OD: la soirée d'élimination"	"Le courrier de Noël" (2010) Ashley Scott, A.J. Buckley. Un facteur s'empêche d'une femme.							
WUHF	-	363	-	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	LifeLock Protection	Smokeless Grill	Power Air Fryer Oven	Car Repair Secret!	Ring of Honor Wrestling (LIVE)	*** "Witness" (1985) Harrison Ford, Kelly McGillis. (LIVE)	PBC Face to Face	Inside PBC Boxing (N) (LIVE)			
WETK	-	-	-	3 Steps to Incredible Health-Joel		Outdoor Journal	MotorWeek (N)	Lidia's Kitchen (LIVE)	Simply Ming (LIVE)	Kimball's Milk Street	Martha Bakes (LIVE)	Test Kitchen	Cook's Country	Woodwright	This Old House (LIVE)	Ask This Old House	Antiques Roadshow "Junk in the Trunk 4"	Brain Secrets
WCFE	-	-	-	"Curious"	Arthur's Perfect Christmas (DVS)	Odd Squad	To Be Announced											
A&E	615	520	-	Flipping Vegas "Frat House" (LIVE)	Scrap: Parts	You Can't Turn That	Zombie House Flipping (LIVE)	Zombie House Flipping "Termite Trouble"	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD "Live PD -- 12.16.17" Riding along with law enforcement. (LIVE)					
BRAVO	620	523	-	Bones Skeletal remains found in a lake. (LIVE)	Bones "The Man in the SUV" (LIVE)	Bones "A Boy in a Tree" (LIVE)	Bones Ritualistic cannibalism. (LIVE)	Bones "A Boy in a Bush" Suspects. (LIVE)	Bones "A Boy in a Bush" Suspects. (LIVE)	Bones "The Man in the Wall" (LIVE)	Bones "The Man in the Wall" (LIVE)	Blue Bloods "Foreign Interference" (LIVE)	Blue Bloods "The Thin Blue Line" (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	CNN Newsroom	CNN Newsroom	CNN Newsroom	
DISC	520	505	-	Highway Thru Hell "Entombed"	Tanked Highlights from the first season. (LIVE)	North Woods Law "Man VS. Animal"	North Woods Law "Distress Call" (LIVE)	Sticker Shock (LIVE)	Mayday "Controversial Crashes"	Mayday "Controversial Crashes"	Mighty Trains "Tren Crucero"	Mighty Trains "Tren Crucero"	Gold Rush: The Dirt (LIVE)					
HIST	522	506	-	Paid Program (LIVE)	Paid Program (LIVE)	Ice Road Truckers VP stays closer to home.	Ice Road Truckers "World's End" (LIVE)	Yukon Gold "Home Stretch" (DVS)	American Pickers "Twin at All Costs" (LIVE)	American Restoration "Truck Edition" (LIVE)	Truck Hunters (LIVE)	Truck Hunters (LIVE)	Truck Night in America (LIVE)					
PARMT	628	584	-	Bar Rescue Taffer revisits MT Bottle. (LIVE)	Bar Rescue "Casually Tapped Out" (LIVE)	Bar Rescue "Casually Tapped Out" (LIVE)	Bar Rescue "Casually Tapped Out" (LIVE)	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	Bar Rescue "Beer and Loathing in Las Vegas"	
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)				L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)
SHOW	616	521	-	(7:00) "Recipe for a Perfect Christmas" (LIVE)	Man With a Plan (LIVE)	** "Green Lantern" (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. (LIVE) (DVS)	** "Green Lantern" (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill, Amy Adams. Batman embarks on a personal vendetta against Superman. (LIVE) (DVS)	** "Green Lantern" (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. (LIVE) (DVS)	
SLICE	601	562	-	Paid Program (LIVE)	Try Yoga!	Paid Program (LIVE)	Paid Program (LIVE)	Mom (LIVE)	Mom (LIVE)	Mom (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Bridesmaids: Unedited & Unrated" (2011) Kristen Wiig, Maya Rudolph. (LIVE)					
TLC	521	560	-	Christmas-town, USA	Christmas-town	Invasion of the Christmas Lights (LIVE)	Christmas Crazy (LIVE)	Christmas Crazy (LIVE)	Extreme Christmas Trees (LIVE)	Hoarding: Buried Alive Brad; Mary. (LIVE)	Hoarding: Buried Alive Monte's clothing hoard. (LIVE)	Hoarding: Buried Alive Monte's clothing hoard. (LIVE)	Hoarding: Buried Alive Monte's clothing hoard. (LIVE)					
TSN	400	400	-	SportsCentre (LIVE)	SportsCentre	Pregame	Premier League Soccer Tottenham Hotspur FC vs Burnley FC. (N) (LIVE)	Tottenham Hotspur FC vs Burnley FC. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	College Football Air Force Reserve Celebration Bowl -- North Carolina A&T vs Alcorn State. (N) (LIVE)	November Bloopers
YOUTH	551	542	-	Go Away	Loud	Loud	Loud	Henry	Mysticons	Turtles	Sponge.	** "Zootopia" (2016, Children's) (LIVE)	Sponge.	Sponge.	Sponge.	Sponge.	Loud	

SATURDAY EVENING DECEMBER 15, 2018

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 Basketball Crossroads Classic -- Butler vs Indiana. (N) (LIVE)				Channel 3 News	Weekend News	Entertainment Tonight (N) (LIVE)	NCIS: Los Angeles "Reentry" (LIVE)	48 Hours "Don't Scream" (LIVE)	48 Hours (N) (LIVE)	Channel 3 News	Patriots All Access					
WPTZ	5	-	-	(3:00) Golf PNC Father/Son Challenge, Day 1. (N) (LIVE)	(3:00) Golf PNC Father/Son Challenge, Day 1. (N) (LIVE)	NBC5 News at 6	Nightly News	Jeopardy!	Wheel of Fortune	Dateline NBC (LIVE)	Dateline NBC (LIVE)	Saturday Night Live (N) (LIVE)	NBC5 News	(:29) Saturday Night Live (N) (LIVE)						
CBMT	6	206	301	IBSF Bobsleigh and Skeleton	Alpine Skiing	Montreal News	Hockey Central	NHL Hockey Toronto Maple Leafs at Florida Panthers. From BB&T Center in Sunrise, Fla. (N) (LIVE)	NHL Hockey Toronto Maple Leafs at Florida Panthers. From BB&T Center in Sunrise, Fla. (N) (LIVE)	NHL Hockey Philadelphia Flyers at Vancouver Canucks. (N) (LIVE)	NHL Hockey Philadelphia Flyers at Vancouver Canucks. (N) (LIVE)	NHL Hockey Philadelphia Flyers at Vancouver Canucks. (N) (LIVE)	NHL Hockey Philadelphia Flyers at Vancouver Canucks. (N) (LIVE)							
CHLT	7	107	718	(3:33) ** "Les Boys II" (1998, Comédie) Marc Messier, Rémy Girard. (SC)	TVA nouvelles (N)	**** "Titanic" (1997, Drame Historique) Leonardo DiCaprio, Kate Winslet, Billy Zane. L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	L'amour impossible et tragique de deux passagers du Titanic. (SC)	(:24) TVA nouvelles	(10:54) ** "Insaisissable" (2013) Jesse Eisenberg. (SC)					
WMTW	8	-	-	(3:30) College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	Wheel of Fortune	Jeopardy!	The Great Christmas Light Fight Kokomo, Ind.; Weirsdale, Fla. (LIVE)	The Great Christmas Light Fight Kokomo, Ind.; Weirsdale, Fla. (LIVE)	The Alec Baldwin Show (N) (LIVE)	WMTW News 8	Rizzoli & Isles "Phoenix Rising" (LIVE)						
CKSH	9	108	-	(3:00) *** "En quête d'une galaxie" (LIVE)	La semaine verte "Le printemps" (N) (SC)	Téléjournal Estrie	La petite vie	Crescendo (N)	Anne Bash s'efforce de se faire accepter.	Les Morisette en spectacle (LIVE)	Le téléjournal	Doc humanité (N) (SC)	** "Hitchcock" (2012) (SC)							
CKMI	11	-	-	(2:00) *** "The Bourne Legacy" (LIVE)	Donut Shwdown	Focus Montreal	Global News at 6	Global National	Border Security	Border Security	"Charming Christmas" (2015, Romance) Julie Benz, David Sutcliffe, Bruce Gray.	Remedy "The Little Things"	Global News	(:29) Saturday Night Live (N) (LIVE)						
CFCF	12	205	312	etalk Clint Eastwood. (N) (LIVE)	The Social (N) (LIVE)	Seinfeld (LIVE)	Big Bang Theory	CTV News Montreal (N) (LIVE)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)		
WVNY	22	-	-	(3:30) College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	College Football Mitsubishi Motors Las Vegas Bowl -- Arizona State vs Fresno State. (N) (LIVE)	Local 22 News (N) (LIVE)	Inside Edition	The Great Christmas Light Fight Kokomo, Ind.; Weirsdale, Fla. (LIVE)	The Great Christmas Light Fight Kokomo, Ind.; Weirsdale, Fla. (LIVE)	The Alec Baldwin Show (N) (LIVE)	Local 22 News (N) (LIVE)	Extra (N) (LIVE)						
WUTV	30	-	-	The Magnificent Mile Lights Festival	Paid Program	Paid Program	Paid Program	Two and Half Men	Two and Half Men	UFC Fight Night: Lee vs. Iaquinta 2 (N) (LIVE)	UFC Fight Night: Lee vs. Iaquinta 2 (N) (LIVE)	2 on Your Side at 10	Big Bang Theory	Hell's Kitchen "Hell Freezes Over" (LIVE)	Paid Program					
CFKS	31	106	726	"Ardennes: la dernière bataille" (2015, Drame sentimental) Craig Olejnik, Ali Liebert.	** "Harry Potter et la coupe de feu" (2005) Daniel Radcliffe, Rupert Grint. Voldemort tend un piège pour Harry lors d'un tournoi. (LIVE)	** "Harry Potter et la coupe de feu" (2005) Daniel Radcliffe, Rupert Grint. Voldemort tend un piège pour Harry lors d'un tournoi. (LIVE)	** "Harry Potter et la coupe de feu" (2005) Daniel Radcliffe, Rupert Grint. Voldemort tend un piège pour Harry lors d'un tournoi. (LIVE)	(:15) "Coup de foudre chez le Père Noël" (2017) Joy Lenz, Andrew W. Walker. Première.	(:15) "Coup de foudre chez le Père Noël" (2017) Joy Lenz, Andrew W. Walker. Première.	(:15) "Coup de foudre chez le Père Noël" (2017) Joy Lenz, Andrew W. Walker. Première.	(:15) "Coup de foudre chez le Père Noël" (2017) Joy Lenz, Andrew W. Walker. Première.	Bethany	NVL week-end	Moment V						
WUHF	-	363	-	Paid Program	Paid Program	Modern Family (LIVE)	Modern Family (LIVE)	Modern Family (LIVE)	Modern Family (LIVE)	Big Bang Theory	Big Bang Theory	UFC Fight Night: Lee vs. Iaquinta 2 (N) (LIVE)	WHAM News	Engagement	Hell's Kitchen "Hell Freezes Over" (LIVE)	ROH Wrestling				
WETK	-	-	-	(3:30) Brain Secrets With Dr. Michael Merzenich (LIVE)	NewsHour Wk	Father Brown "The Kempleford Dragon"	As Time Goes By	Keep-Appear	French Fields	Upstart Crow (LIVE)	Happy Valley (LIVE)	The Bletchley Circle (LIVE)	Austin City Limits (N) (LIVE)	Underground						
WCFE	-	-	-	To Be Announced																
A&E	615	520	-	(2:00) Live PD "Live PD -- 12.16.17" (LIVE)	Live PD "Live PD -- 12.07.18" (LIVE)	(:06) Live PD: Rewind (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)	Live PD "Live PD -- 12.15.18" (N) (LIVE)		
BRAVO	620	523	-	Blue Bloods "Worst Case Scenario" (LIVE)	The Closer Search for a gang. (LIVE)	The Closer An arson investigation. (LIVE)	The Closer "Speed Bump" (LIVE)	Criminal Minds "Flesh and Blood" (LIVE)	The Rookie "Time of Death" (DVS)	Magnum P.I. "Bad Day to Be a Hero" (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)	The Closer Search for a gang. (LIVE)		
CNN	500	500	-	CNN Newsroom	CNN Newsroom	S. E. Cupp Unfiltered	The Van Jones Show	CNN Newsroom	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy	Hist.-Comedy		
DISC	520	505	-	Highway Thru Hell "Entombed"	Mayday "Controversial Crashes"	California: Innovation Nation (N) (LIVE)	North Woods Law "Weed Whackers"	North Woods Law "Weed Whackers"	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)		
HIST	522	506	-	Truck Night in America "Turn and Burn"	Rescue Trucks (LIVE)	Trucks Transf.	American Restoration "Truck Edition" (LIVE)	Truck Hunters (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)	American Pickers (LIVE)		
PARMT	628	584	-	Bar Rescue (LIVE)	Bar Rescue Taffer revisits The Local.	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue		
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le téléjournal	L'épicerie (SC)	Le téléjournal	Le téléjournal	Le national (:31) Le national	(:01) Enquête (SC)	Le téléjournal	Second regard	Le téléjournal (N)	Le national (:01) Les grands reportages (SC)	Le téléjournal				
SHOW	616	521	-	(3:30) ** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)	** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively. (LIVE) (DVS)		
SLICE	601	562	-	"Bridesmaids"	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (LIVE)	** "This Means War" (2012, Action) Reese Witherspoon			

Your week on TV

SUNDAY DAYTIME			DECEMBER 16, 2018														
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) (LIVE)			Face the Nation (N) (LIVE)	Pet Vet-Team	The NFL Today (N) (LIVE)	NFL Football Tennessee Titans at New York Giants. (N) (LIVE)							
WPTZ	5	-	Sunday Today With Willie Geist (N) (LIVE)	Meet the Press (N) (LIVE)		Soledad O'Brien	On the Money (N)	Rizzoli & Isles "If You Can't Stand the Heat"	Chaos & Kindness	Clear the Shelters	Major Crimes "Conspiracy Theory: Part 4"	Swimming U.S. Winter Nationals. (Taped) (LIVE)	Golf PNC Father/Son Challenge, Day 2. (N)				
CBMT	6	206	301	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	CBC News Network	Maamuita- au (LIVE)	Pinty's Grand Slam of Curling The National: Men's Final. From Conception Bay, Newfoundland. (N) (LIVE)		Our Montreal (LIVE)		"Legend of Frosty"		
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			"Grace, la meilleure pâtissière" (2015) Olivia Rodrigo, Virginia Madsen. (DVS) (SC)			TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Les looney tunes (LIVE)	*** "Les petits pieds du bonheur" (2006, Enfants) Voices of Elijah Wood. (DVS) (SC)			
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Prostate Health	Try Yoga	Paid Program	Paid Program	Taste Buds: Chefsgiving (LIVE)	World of X Games (N)	World of X Games (N)
CKSH	9	108	-	Organisation	Geronimo Stilton	Les 1001 nuits	Organisation	(9:59) Le jour du Seigneur (N) (SC)	Découverte (SC)	Téléjournal	La semaine verte "Le printemps" (SC)	Second regard (N)	Doc humanité Des images emblématiques.	**** "Trouver Nemo" (2003, Enfants)			
CKMI	11	-	-	Fishful Thinking	Operation Smile (LIVE)	Lorna Dueck	Joel Osteen (N)	Paid Program	The West Block (N)	Focus Montreal	Entertainment Tonight (N) (LIVE)	"A Gift Wrapped Christmas" (2015, Comedy-Drama) Meredith Hagner, Travis Milne.		"On the Twelfth Day of Christmas" (2015)			
CFCF	12	205	312	Children's Villages	The Social (N) (LIVE)	Operation Smile (LIVE)	Celebrity Style Story	Church of the Rock	Question Period (N) (LIVE)	SportsCentre (N) (LIVE)	NFL Football Dallas Cowboys at Indianapolis Colts. (N) (LIVE)						
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		What Matters	The Key of David	AAA Benefits	Paid Program	Paid Program	AAA Benefits	Airfryer Oven	Paid Program	Taste Buds: Chefsgiving (LIVE)	World of X Games (N)	World of X Games (N)
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	PiYo Workout!	PiYo Workout!	FOX NFL Sunday (N) (LIVE)	NFL Football Detroit Lions at Buffalo Bills. (N) (LIVE)					
CFKS	31	106	726	Il est écrit	NVL week-end (N)	Marvel: les agents du S.H.I.E.L.D (SC)	RPM (N)	RPM Plus (N)		Zone VL	*** "Une histoire de Noël" (1983, Enfants) Peter Billingsley, Darren McGavin.		"Un prince pour Noël" (2015) Viva Bianca, Kirk Barker.				
WUHF	-	-	363	Wild America	Robert Jeffress	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	FOX NFL Kickoff (N) (LIVE)	FOX NFL Sunday (N) (LIVE)	NFL Football Detroit Lions at Buffalo Bills. (N) (LIVE)						
WETK	-	-	-	Pinkalicious	Curious George	Let's Go Luna: Luna's Christmas Around	Ready Jet Go! (LIVE)	Wild Kratts	Firing- Hoover	Vermont This Week	Downton Abbey on Masterpiece (LIVE)	Happy Holidays With the Boston Pops (LIVE)		** "My Mother's Early Lovers" (1999, Drama) Sue Ball, George Woodard.			
WCFE	-	-	-	Wild Kratts: A Creature Christmas (LIVE)	Washing- ton Week	Scully: World	Mountain Lake	New York Now (LIVE)	To Be Announced								
A&E	615	520	-	Hoarders A hoarder's house is uninhabitable.	Hoarders "Mary & Mary Ann" (LIVE)		Hoarders "Beverly; Megan" (LIVE)	Hoarders "Anna; Claire and Vance" (LIVE)		Hoarders "Stanks & Anne" (LIVE)		Movie (LIVE)					
BRAVO	620	523	-	Blue Bloods "Worst Case Scenario" (LIVE)	The Closer "Speed Bump" (LIVE)		Magnum P.I. "Bad Day to Be a Hero" (LIVE)	The Rookie "Time of Death" (DVS)		Criminal Minds "Flesh and Blood" (LIVE)		*** "Holiday in Handcuffs" (2007) Melissa Joan Hart, Mario Lopez, Markie Post. (LIVE)		*** "Snowglobe" (2007) Christina Milian.			
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	-	Insane Pools: Off the Deep End (LIVE)	Tanked Building a rocket ship tank. (LIVE)		North Woods Law "Crossed Wires"	North Woods Law "Shifting Gears" (LIVE)		California: Innovation Nation (LIVE)		Cold Water Cowboys	Jeremy Wade's Mighty Rivers "The Amazon"	Bering Sea Gold Extreme measures. (LIVE)			
HIST	522	506	-	Paid Program (LIVE)	Paid Program (LIVE)	American Pickers "High Flying Pick" (LIVE)	Counting Cars (LIVE)	Counting Cars (LIVE)	Rust Valley Restorers A 1964 Buick Riviera.	Counting Cars (LIVE)	Counting Cars (LIVE)	Forged in Fire "The Arming Sword" (LIVE)	Pawn Stars (LIVE)	Pawn Stars (LIVE)	Pawn Stars (LIVE)	Pawn Stars (LIVE)	
PARMT	628	584	-	Bar Rescue Jon Taffer revives the Canyon Inn.	Engine Power (LIVE)	Xtreme Off Road (LIVE)	Truck Tech (LIVE)	Detroit Muscle (LIVE)	Bar Rescue A western bar. (LIVE)	Bar Rescue (LIVE)		Bar Rescue "Two Flew Over the Handlebars"	Bar Rescue "Blowing Royal Smoke" (LIVE)	Bar Rescue "Boss Lady Blues" (LIVE)			
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)		L'info (SC)	L'info (N) (SC)	L'info (SC)	Téléjournal	Téléjournal	Podium (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)
SHOW	616	521	-	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	** "Jack Ryan: Shadow Recruit" (2014) Chris Pine. Ryan uncovers a Russian plot to collapse the U.S. economy. (LIVE)			** "Jurassic World" (2015, Adventure) Chris Pratt, Bryce Dallas Howard. Man-made dinosaurs go on a rampage at an island resort. (LIVE)		** "Point Break" (2015) Edgar Ramirez.					
SLICE	601	562	-	Try Yoga!	Paid Program (LIVE)	PiYo Workout! (LIVE)	Paid Program (LIVE)	** "Miss Congeniality" (2000) Sandra Bullock. A clumsy FBI agent goes under cover at a beauty pageant. (LIVE)		*** "Bridesmaids: Unedited & Unrated" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. (LIVE)		** "Miss Congeniality" (2000) (LIVE)					
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	(:28) Dr. Pimple Popper: The 12 Pops of Christmas (LIVE)	90 Day Fiancé "Flirting With Disaster" Olga is upset with Steven. (LIVE)				
TSN	400	400	-	SportsCentre (LIVE)	SportsCentre (LIVE)		NFL Countdown (N) (LIVE)		NFL Football Teams TBA. (N) (LIVE)								
YOUTH	551	542	-	Go Away	Loud	Loud	Loud	Henry	Mysticons	Turtles	Sponge.	*** "Home Alone" (1990) Macaulay Culkin. (LIVE)		"Home Alone 2: Lost in N.Y."			

SUNDAY EVENING			DECEMBER 16, 2018															
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 Football	(:25) NFL Football New England Patriots at Pittsburgh Steelers. (N) (LIVE)	60 Minutes (N) (LIVE)			God Friended Me "17 Years" (N) (LIVE)	NCIS: Los Angeles "Joyride" (N) (LIVE)	FBI FBI agents investigate an explosion.	Channel 3 News	NCIS: N.O.						
WPTZ	5	-	(3:00) Golf PNC Father/Son Challenge, Day 2. (N) (LIVE)	NBC5 News at 6		Nightly News	Football Night in America (N) (LIVE)	(:20) NFL Football Philadelphia Eagles at Los Angeles Rams. (N) (LIVE)		NBC5 News	Soledad O'Brien							
CBMT	6	206	301	"The Legend of Frosty the Snowman"	"Santa Claus Is Coming to Town" (1982)	A Christmas Carol, The Family Musical With a Scrooge Loose (LIVE) (DVS)		*** "National Lampoon's Christmas Vacation" (1989) Chevy Chase. (LIVE)		The National (N) (LIVE)	Montreal News	First Play Live	q (N) (LIVE)					
CHLT	7	107	718	(3:57) *** "Le Petit Prince" (2015, Aventures) Voices of Jeff Bridges. Premiere. (SC)	TVA nouvelles (N)	Vlog Marie-Mai.	LOL :-)	L'expérience Messmer Marianne St-Gelais et Martin Cloutier. (N)	* "Noël chez les Cooper" (2015) Alan Arkin, John Goodman. Premiere. (SC)	(:14) TVA nouvelles	(:44) *** "Le majordome" (2013) (SC)							
WMTW	8	-	-	Always Late With Katie Nolan (N) (LIVE)	Entertainers: With Byron Allen (LIVE)	WMTW News 8	World News	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)		WMTW News 8	Person of Interest							
CKSH	9	108	-	(3:00) **** "Trouver Nemo" (2003)	Crescendo	Téléjournal Estrie	Découverte (N) (SC)	Bébéatrice	Le show du Refuge Un spectacle-bénéfice. (N)	Défier la magie	Le télé-journal	(:35) Info-man	(:05) ** "Populaire" (2012) Déborah François. (SC)					
CKMI	11	-	-	"On the Twelfth Day of Christmas" (2015)	Eat St. (LIVE)	Eat St. (LIVE)	Global News at 6	Global National	Border Security	Border Security	NCIS "Twofer" (LIVE)	NCIS: Los Angeles "Joyride" (N) (LIVE)	Madam Secretary "Night Watch" (N) (LIVE)	Global News	The West Block	Focus Montreal		
CFCF	12	205	312	NFL on CTV Live	(:25) NFL Football New England Patriots at Pittsburgh Steelers. (N) (LIVE)	NFL on CTV Live		God Friended Me "17 Years" (N) (LIVE)	The Rookie "Pilot" (LIVE)	Law & Order: Special Victims Unit (LIVE)	News-Rinaldo	CTV News Montreal	South Park (LIVE)					
WVNY	22	-	-	Always Late With Katie Nolan (N) (LIVE)	Paid Program	Paid Program	World News	Local 22 News (N)	**** "The Sound of Music" (1965, Musical) Julie Andrews, Christopher Plummer, Eleanor Parker. A governess weds an Austrian widower with seven children. (LIVE) (DVS)		Local 22 News (N)	Graham Bensinger	Judge Judy (LIVE)					
WUTV	30	-	-	NFL Post-game	Red Bull Signature Series (N) (LIVE)	Big Bang Theory	Raw Travel	2018 Miss Universe Nearly 100 women vie for the crown. (N) (LIVE)	2 on Your Side at 10	Sharyl Attkisson	Ring of Honor Wrestling (LIVE)	Seinfeld (LIVE)						
CFKS	31	106	726	"Un prince Noël à la télévision" (2016) Melissa Joan Hart. Deux journalistes se sont déchirés.	Occupation double Grèce "OD: la soirée d'élimination" (N)		OD plus en direct	Occupation double Grèce "OD: la soirée d'élimination"		"À la recherche de Mme Noël" (2012, Comédie) Mira Sorvino, Will Sasso.								
WUHF	-	-	363	NFL Post-game	Red Bull Signature Series (N) (LIVE)	Ring of Honor Wrestling (LIVE)	2018 Miss Universe Nearly 100 women vie for the crown. (N) (LIVE)	WHAM News	Sharyl Attkisson	Engagement-ment (N) (LIVE)	NFL GameDay Prime (N) (LIVE)							
WETK	-	-	-	Neil Diamond: Hot August Night (LIVE)	NewsHour Wk	Impossible Builds "The Floating House"	Secrets of Highclere Castle (LIVE)	Little Women on Masterpiece (LIVE)	Victoria on Masterpiece Victoria is impatient to return to work. (LIVE)	Call the Midwife (LIVE)	Nightly Business							
WCFE	-	-	-	To Be Announced	Little Women on Masterpiece (LIVE)		Victoria on Masterpiece Victoria is impatient to return to work. (LIVE)	To Be Announced	To Be Announced	To Be Announced								
A&E	615	520	-	*** "Ocean's Twelve" (2004) George Clooney, Brad Pitt. Indebted criminals plan an elaborate heist in Europe. (LIVE)	*** "Ocean's Eleven" (2001) George Clooney. A suave ex-con assembles a team to rob a casino vault.		*** "Ocean's Thirteen" (2007) George Clooney. Danny Ocean and his gang seek to rob a wrong. (LIVE)		"Ocean's Eleven"									
BRAVO	620	523	-	(3:00) *** "Snowglobe" (2007) (LIVE)	"A Perfect Christmas" (2016, Drama) Susie Abromeit, Dillon Casey, Erin Gray. (LIVE)		"Marry Me at Christmas" (2017, Romance) Rachel Skarsten, Trevor Donovan. (LIVE)		Animal Kingdom "Homecoming" (N)	Animal Kingdom "The Hyenas" (LIVE)	"A Perfect Christmas" (2016, Drama) Susie Abromeit. (LIVE)							
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	The Eighties "Raised on Television" (LIVE)	The Nineties (LIVE)								
DISC	520	505	-	Edge of Alaska "Fight for McCarthy"	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	California: Innovation Nation (LIVE)	Master of Arms "Grenade Launcher"	Alaska: The Last Frontier Exposed (N)	Alaska: The Last Frontier (N) (LIVE)	Big Bang Theory	Big Bang Theory	Big Bang Theory			
HIST	522	506	-	American Pickers (LIVE)	American Pickers "Frank's Big Day" (LIVE)	American Pickers "High Flying Pick" (LIVE)	Forged in Fire "The Arming Sword"	Mountain Men "Double Jeopardy" (LIVE)	Mountain Men "The Gauntlet" (LIVE)	The Curse of Oak Island "Homecoming"	Rust Valley Restorers A 1964 Buick Riviera.	Mountain Men (LIVE)						
PARMT	628	584	-	Bar Rescue "Raising Arizona" (LIVE)	Bar Rescue A historical landmark bar.	Bar Rescue "Lagers and Liars" (LIVE)	Bar Rescue "Punk as a Drunk" (LIVE)	Bar Rescue "There Will Be Family Blood"	Bar Rescue "Pole Without a Purpose"	Bar Rescue "Not Cleared for Takeoff"	Bar Rescue "The Unwanted Saloon"	Bar Rescue "The Unwanted Saloon"	Bar Rescue (LIVE)					
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le télé-journal	La facture (SC)	Le télé-journal	Le télé-journal	Le national (N)	(:31) Le national	(:01) Découverte (N) (SC)	Le télé-journal	Le télé-journal	Le national (N)	(:01) La semaine verte "Le printemps"	Le télé-journal	
SHOW	616	521	-	(3:00) ** "Point Break" (2015, Action) Edgar Ramirez. (LIVE)	** "Jack Ryan: Shadow Recruit" (2014, Action) Chris Pine, Kevin Costner, Kenneth Branagh. (LIVE)		Supergirl The heroes engage in battle.		** "Point Break" (2015) Édgar Ramirez. A young FBI recruit infiltrates a gang of daredevil thieves. (LIVE)	** "Jack Ryan: Shadow Recruit" (LIVE)								
SLICE	601	562	-	(3:00) ** "Miss Congeniality" (2000) Sandra Bullock. (LIVE)	** "Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock, Regina King. (LIVE)		Get a Room With Carson & Thom (LIVE)		Below Deck "Let Them Eat Chicken!"	The Real Housewives of Atlanta (N) (LIVE)	Vanderpump Rules "Hope and Pride" (LIVE)	Below Deck (LIVE)						
TLC	521	560	-	90 Day Fiancé "Ready to Run" Colt and Larissa consider moving out. (LIVE)	90 Day Fiancé "More to Love: No Way Out" Leida kicks Tasha out. (N) (LIVE)		90 Day Fiancé "Backed into a Corner" Ashley and Jay elope in Vegas. (N) (LIVE)		My Big Fat American Gypsy Wedding (LIVE)			90 Day Fiancé (LIVE)						
TSN	400	400	-	NFL Football Teams TBA. (N) (LIVE)	Football Night in America (N) (LIVE)		(:15) NFL Football Philadelphia Eagles at Los Angeles Rams. (N) (LIVE)		SportsCentre			SC With Jay						
YOUTH	551	542	-	"Home Alone 2"	Barbie	Ice Age	*** "Elf" (2003) Will Ferrell. (LIVE)	Game On	*** "Miracle on 34th Street" (1947)	Ice Age	Assembly	Assembly	Home Aln					

"V'là Bon Vent" sings Christmas classics

Record Staff

The Troupe V'là Bon Vent de Québec will be performing a concert at the Salle Alfred-DesRochers on the Cégep de Sherbrooke, Saturday, Dec. 15 at 7:30 p.m.

The show "When I hear Christmas singing" invites you to dream in the warmth and cheerfulness of traditional Quebec tunes, in a refined and intimate setting. The 25 artists-singers and seven musicians will revisit their five Christmas albums with nostalgic harmonies and orchestrations unique to V'là Bon Vent, which turns 60 this year.

The proceeds from this benefit concert will be used by the Cégep de Sherbrooke Foundation's mission, which

assists, supports and recognizes students in their studies so that they become committed and qualified citizens.

The host for the evening will be Émile Vigneault and many surprises are expected including the arrival of the real Santa Clause.

After 60 years of promoting and spreading Canadian and Quebec culture with people who are passionate about singing and dancing, Troupe V'là Bon Vent has built a solid reputation. The Troupe's involvement in the community, in addition to its social and cultural impact, is noteworthy and continues to be an ongoing commitment.



COURTESY FACEBOOK

Legendary humorist dies at 87

Record Staff

Sherbrooke comedian Bob Bryan, who was half of the comedy duo Bert and I, which poked fun at the expense of Maine Yankees and popularized the immortal punchline, "You can't get there from here," has died at his home in Sherbrooke. He was 87.

Bryan and the late Marshall Dodge created punch lines in a dorm room at Yale University, and their 1958 album was the first of several that shaped the state's humour and image.

Uttered in exaggerated Down East accents, the jokes have withstood the test of time, including the one about the tourist who befuddled a Mainer by asking for directions. The tale concludes with a famous punchline: "Come to think of it, you can't get there from here."

Bryan, who died Wednesday in Sherbrooke, was a native of Long Island, New York, who picked up the local vernacular during summers spent on a lake near Ellsworth, Maine. The stories often involving a fancy-pants tourist and a laconic Mainer who gets the last word, set the stage for regional humorists that followed.

"They didn't write all of these stories from scratch. They adapted them. A lot of them were off colour, from lumber camps or fishing wharfs. They'd rewrite them. They took them to the next

level," said Dean Lunt from Islandport Press, which sells the "Bert and I" albums.

Legendary humorist and storyteller Garrison Keillor recalled playing cuts of the "Bert and I" albums during his early stints as a morning disc jockey. The original "Bert and I" album made comedian-magician Penn Jillette's list of the top 12 comedy albums of all time.

The pair set off in different directions after selling hundreds and thousands of albums. Dodge toured the country as a comedian before his death in 1982 in Hawaii, where he was struck by a hit-and-run driver while bicycling.

Bryan, a divinity student who went on to be or-

dered as an Episcopal priest, used some of his "Bert and I" earnings to buy a float plane. As a bush pilot, he flew his plane to the rugged

fishing villages in northern Quebec to minister to local residents.

He created the Quebec-Labrador Foundation with a goal of supporting rural communities and the environment of eastern Canada and New England.

Bryan leaves behind a wife, three daughters, a bunch of

grandchildren, and a heap of stories that have withstood the test of time, said Cherie Hoyt, a friend of Bryan's who produced the "Bert and I ... Rebooted" recording with Bryan and Maine humorist Tim Sample.

"You can listen to a good story many times without getting sick of it," Hoyt said. "I know them by heart, but I still find them funny; I still smile, I still chuckle."



In this 1970s photo, Bob Bryan, left, and Marshall Dodge, the Down East Maine humorists behind "Bert and I," pose for a photo in Maine. Bryan died Wednesday, Dec. 12, 2018, in Sherbrooke, Quebec. He was 87. Dodge died in 1982 in Hawaii. (Portland Press Herald via AP)

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Your week on TV

MONDAY EVENING													DECEMBER 17, 2018		
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 Neighborhood (N)	Happy Together (N) (D)	Magnum P.I. "The Woman Who Never Died" (N) (D)	Bull A girl wants her parents to divorce. (N) (D)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (D)			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (D)	Wheel of Fortune (N) (D)	The Voice "Live Finale, Part 1" The top four perform for the win. (N) (D) (Live) (D)	America's Got Talent "A Holiday of Champions" (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (D)				
CBMT	6	206	301	CBC Montreal News (N)	Power & Politics (N)	Coronation Street (N) (D)	Coronation Street (N) (D)	** "How the Grinch Stole Christmas" (2000, Children's) Jim Carrey, Jeffrey Tambor, Christine Baranski. (N) (D)	The National (N) (D)	CBC Montreal News (N)	Hello Good-bye (N)	Coronation Street (N)			
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur "Noël" (N)	L'erreur est humaine -- Laurent Paquin (SC)	L'erreur est humaine -- Laurent Paquin (SC)	*** "Le sapin a des boules" (1989) Chevy Chase. Un homme décide de passer un Noël à l'ancienne. (DVS) (SC)	TVA nouvelles (N)	(:35) "Les biscuits de Noël" (2014, Drame) Erin Krakow. Deux rivales se défient lors d'un concours de biscuits. (SC)					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (D)	Jeopardy! (N) (D)	The Great Christmas Light Fight (Season Finale) Greeley, Colo.; Ballplay, Ala. (N) (D) (DVS)	2018: In Memoriam A tribute to the icons lost in 2018. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (D)				
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	*** "Sauvons M. Banks" (2013) Emma Thompson, Tom Hanks. Première. L'auteur P.L. Travers réfléchit sur son enfance difficile. (SC)	Le téléjournal (N) (SC)	(:05) *** "A table!" (1996, Drame) Minnie Driver, Ian Holm. (DVS) (SC)						
CKMI	11	-	-	Global National (N) (D)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Neighborhood (N)	Happy Together (N) (D)	9-1-1 "Dosed" An eating contest; a toddler pageant.	Iron Chef Canada Chef Anna Olson vs. chef Laura White.	Global News at 11	(:35) The Late Show With Stephen Colbert (N) (D)		
CFCF	12	205	312	(5:59) CTV News Montreal	etalk (N) (D)	The Big Bang Theory (N) (D)	The Big Bang Theory (N) (D)	The Voice "Live Finale, Part 1" The top four perform for the win. (N) (D) (Live) (D)	Magnum P.I. "The Woman Who Never Died" (N) (D)	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) (D)	The Great Christmas Light Fight (Season Finale) Greeley, Colo.; Ballplay, Ala. (N) (D) (DVS)	2018: In Memoriam A tribute to the icons lost in 2018. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (D)				
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	The Resident "About Time" Bell stirs the pot. (N)	9-1-1 "Dosed" An eating contest; a toddler pageant.	2 on Your Side Seinfeld "The Note" (N)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS	31	106	726	Souper parfait	Occupation double Grèce	"Le festival de Noël" (2017) Taylor Cole. Première. Emma tente de sauver une compétition de sculpture sur glace.	"Le festival de Noël" (2017) Taylor Cole. Première. Emma tente de sauver une compétition de sculpture sur glace.	"Des miracles en cadeau" (2015, Drame) Rachel Boston, Rita Moreno. Darcy découvre une liste d'objets de sa mère.	13WHAM News at 10 on Fox Rochester (N) (Live) (D)	Independent Lens A preacher protests racism. (N)	Occupation double Grèce	NVL (N)	Moment V		
WUHF	-	363	-	Modern Family "My Hero"	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	The Resident "About Time" Bell stirs the pot. (N)	9-1-1 "Dosed" An eating contest; a toddler pageant.	13WHAM News at 10 on Fox Rochester (N) (Live) (D)	DailyMailTV (N) (D)	The Simpsons (N)	Paid Program (N)		
WETK	-	-	-	PBS NewsHour (N) (D)		The This Old House Hour (N) (D)	Antiques Roadshow A 1962 and 1963 Mercury Atlanta.	Christmas With the Mormon Tabernacle Choir Featuring	Independent Lens A preacher protests racism. (N)	Holidays at Hendricks 2018 (N) (D)	Amanpour and Company (N)	Nightly Business Report			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (D)	Antiques Roadshow A 1962 and 1963 Mercury Atlanta.	Christmas With the Mormon Tabernacle Choir Featuring	Holidays at Hendricks 2018 (N) (D)	Amanpour and Company (N) (D)					
A&E	615	520	-	Storage Wars (N) (D)	Storage Wars "San Burrito"	Storage Wars (N) (D)	Storage Wars (N) (D)	Storage Wars (N) (D)	Storage Wars (N) (D)	Storage Wars (N) (D)	(:01) Storage Wars White elephant gift exchange. (D)	(:04) Storage Wars (N) (D)	(:34) Storage Wars (N) (D)	(12:03) Storage Wars (N) (D)	
BRAVO	620	523	-	Major Crimes A heavy body is found up a tree. (N) (D)	Major Crimes Sharon's son makes a surprise visit. (N) (D)	Major Crimes Sharon's son makes a surprise visit. (N) (D)	Major Crimes Major Crimes investigates a hit-and run. (N) (D)	Major Crimes Major Crimes investigates a hit-and run. (N) (D)	Major Crimes Sharon duels for control of her case. (N) (D)	Major Crimes "Heart Failure" (N) (D)	Major Crimes A man is killed in his living room. (N) (D)	Major Crimes A man is killed in his living room. (N) (D)	Major Crimes (N) (D)		
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (D)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360			
DISC	520	505	-	Highway Thru Hell "Snowbound" (DVS)	MythBusters Dynamite-firing crossbow. (N) (D)	MythBusters Dynamite-firing crossbow. (N) (D)	Vintage Tech Hunters (N)	Vintage Tech Hunters (N)	Master of Arms U.S. Navy's Elgin Cutlass Pistol. (N)	Canada's Worst Driver "The Final Three" Final challenges. (N)	Vegas Rat Rods "One Big Gas Car" (DVS)	Master of Arms			
HIST	522	506	-	American Pickers "Texas Hold Em" (N) (D)	Mountain Men Morgan's first flight to the homestead. (N) (D)	Mountain Men Morgan's first flight to the homestead. (N) (D)	The Curse of Oak Island A possible network of tunnels.	Pawn Stars: Pumped Up	Pawn Stars: Pumped Up	American Pickers Vintage cars in a Kansas hanger. (N)	American Pickers "Texas Hold Em" (N) (D)	Pawn Stars: Pumped Up			
PARMT	628	584	-	Catch a Contractor A handicapped woman's swim spa.	Catch a Contractor "Kitchen Nightmare" (N) (D)	Catch a Contractor "Kitchen Nightmare" (N) (D)	*** "Remember the Titans" (2000, Drama) Denzel Washington, black man coaches high-school football after integration. (N) (D)	Will Patton. A	Cops (N) (D)	Cops "Caught in a Lie" (N) (D)	Cops (N) (D)	Cops (N) (D)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages La destinée de 13 personnages.	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	Law & Order: Special Victims Unit "Screwed" (N) (D)	Law & Order: Special Victims Unit "Competence" (N) (D)	Law & Order: Special Victims Unit "Competence" (N) (D)	Law & Order: Special Victims Unit "Silence" (N) (D)	** "Central Intelligence" (2016, Action) Dwayne Johnson, Kevin agent recruits an ex-classmate for a top-secret case. (N) (D)	Hart. A CIA	Man With a Plan (N) (D)	Law & Order: SVU				
SLICE	601	562	-	Sex and the City (N) (D)	Sex and the City (N) (D)	The Real Housewives of Atlanta (N) (D)	Vanderpump Rules Jax and Brittany's engagement party.	Vanderpump Rules "Either Him or Me" (N) (D)	Unanchored The friends hit Tahiti Beach. (N) (D)	Sex and the City (N) (D)	Sex and the City (N) (D)	Vanderpump Rules (N) (D)			
TLC	521	560	-	Extreme Couponing (N) (D)	Extreme Couponing (N) (D)	Long Lost Family "Feelings of Abandonment" (N) (D)	Long Lost Family Sisters search for their birth mother.	Who Do You Think You Are? "Regina King" (N) (D)	Who Do You Think You Are? "Matthew Morrison" (N) (D)	Who Do You Think You Are? "Lea Michele" (N) (D)	Who Do You Think You Are? "Lea Michele" (N) (D)	Long Lost Family (N) (D)			
TSN	400	400	-	Monday Night Countdown (N) (Live) (D)	(Live) (D)	(:15) NFL Football New Orleans Saints at Carolina Panthers. (N) (Live) (D)					SportsCentre (N) (Live) (D)	SC With Jay and Dan (N) (Live) (D)			
YOUTH	551	542	-	Thundermans	School	*** "The Search for Santa Paws" (2010) Kaitlyn Maher.		** "Jack Frost" (1998) Michael Keaton. (N) (D)		Game On (N) (D)	Just Kidding	Santa Paws			

TUESDAY EVENING													DECEMBER 18, 2018		
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 Gibbs must protect a girl from a gang. (N)	FBI "Crossfire" Maggie and OA track down a sniper. (N)	NCIS: New Orleans "Hard Knock Life" (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (D)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (D)	Wheel of Fortune (N) (D)	The Voice "Live Finale, Part 2" (Season Finale) Season 15 winner is revealed. (N) (D) (Live) (D)	The Voice "Live Finale, Part 2" (Season Finale) Season 15 winner is revealed. (N) (D) (Live) (D)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (D)				
CBMT	6	206	301	CBC Montreal News (N)	Power & Politics (N)	"Frosty the Snowman"	Coronation Street (N) (D)	Dr. Seuss' Grinch	Merry Christmas Mr. Bean	Schitt's Creek	Halifax Comedy Festival	The National (N) (D)	CBC Montreal News (N)	True North Calling (N)	Coronation Street (N)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Le tricheur "Noël" (N)	L'erreur est humaine -- Laurent Paquin (SC)	L'erreur est humaine -- Laurent Paquin (SC)	** "La fille du chalet" (2011, Comédie) Felicity Jones, Ed Westwick, Sophia Bush. Première. (SC)	TVA nouvelles (N)	(:35) ** "Noël au château" (2011) Katie McGrath. Deux jeunes rencontrent leur grand-père, un duc anglais. (SC)					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (D)	Jeopardy! (N) (D)	The Conners (DVS)	(:31) The Kids Are Alright	blackish "Gap Year"	Splitting Up Together (N)	The Rookie Middle-aged man joins the police force. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (D)	
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	La facture (N) (SC)	** "La proposition" (2009) Sandra Bullock. Une rédactrice tente d'éviter la déportation au Canada. (DVS) (SC)	Le téléjournal (N) (SC)	(:05) ** "Le voyage de cent pas" (2014) Helen Mirren, Om Puri. Première. (SC)					
CKMI	11	-	-	Global National (N) (D)	(:29) Global News at 6:30	Entertainment Tonight (N)	ET Canada	Greatest Holiday Commercials Countdown 2018 (N) (D)	"The Christmas Calendar" (2017) Laura Bell Bundy. Première. Emily receives a handmade Christmas calendar. (D)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (D)				
CFCF	12	205	312	(5:59) CTV News Montreal	etalk (N) (D)	The Big Bang Theory (N) (D)	The Big Bang Theory (N) (D)	The Voice "Live Finale, Part 2" (Season Finale) Season 15 winner is revealed. (N) (D) (Live) (D)	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) (D)	The Conners (DVS)	(:31) The Kids Are Alright	blackish "Gap Year"	Splitting Up Together (N)	The Rookie Middle-aged man joins the police force. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (D)	
WUTV	30	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Lethal Weapon Murtaugh receives a surprise visit. (N)	The Gifted Reed and Lauren deliver medicine. (N)	2 on Your Side Seinfeld "The Truth" (N)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS	31	106	726	Souper parfait	Occupation double Grèce	"Coup de foudre pour mon père Noël secret" (2017) Emilie Ullerup, Aaron O'Connell, Rebecca Davis. Première.	"Coup de foudre pour mon père Noël secret" (2017) Emilie Ullerup, Aaron O'Connell, Rebecca Davis. Première.	"Un rêve pour Noël" (2016, Drame) Nikki DeLoach, Andrew Walker, Cindy Williams. Une jeune femme fait un vœu.	13WHAM News at 10 on Fox Rochester (N) (Live) (D)	Frontline Challenges facing Facebook. (D)	Occupation double Grèce	NVL (N)	Moment V		
WUHF	-	363	-	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	Lethal Weapon Murtaugh receives a surprise visit. (N)	The Gifted Reed and Lauren deliver medicine. (N)	13WHAM News at 10 on Fox Rochester (N) (Live) (D)	DailyMailTV (N) (D)	The Simpsons (N)	Paid Program (N)		
WETK	-	-	-	PBS NewsHour (N) (D)	Pass It On "Storytelling"	Outdoor Journal (N)	We'll Meet Again Survivors of Alaska's 1964 earthquake.	Lidia Celebrates America "A Heartland Holiday Feast" (N)	Frontline Challenges facing Facebook. (D)	Amanpour and Company (N)	Nightly Business Report				
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (D)	We'll Meet Again Survivors of Alaska's 1964 earthquake.	Lidia Celebrates America "A Heartland Holiday Feast" (N)	Frontline Challenges facing Facebook. (D)	BBC World News (N) (D)	Amanpour and Company (N) (D)				
A&E	615	520	-	The First 48 A missing persons case takes a turn.	Leah Remini: Scientology and the Aftermath (N) (D)	Leah Remini: Scientology and the Aftermath (N) (D)	Leah Remini: Scientology and the Aftermath (N) (D)	Leah Remini: Scientology and the Aftermath (N) (D)	(:01) The First 48 A football player is gunned down. (N)	(:04) The First 48 "Stolen Innocence" (N) (D)	Leah Remini: Scientology				
BRAVO	620	523	-	The Closer Brenda's obsession threatens her career. (N)	The Closer "Pilot" An officer investigates crimes. (N) (D)	The Closer "Pilot" An officer investigates crimes. (N) (D)	The Closer "About Face" Puzzling murder. (N) (D)	The Closer The murder of a Russian call-girl. (N) (D)	The Closer Brenda investigates a doctor's murder. (N) (D)	The Closer "Last Rites" Brenda's parents return. (N) (D)	The Closer (N) (D)				
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (D)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360			
DISC	520	505	-	Highway Thru Hell "Junior's Job" (DVS)	MythBusters A myth about a backseat getaway driver. (N)	MythBusters A myth about a backseat getaway driver. (N)	Gold Rush: Pay Dirt Parker's wash plant collapses. (N)	Gold Rush Rick and his dad battle to open a cut. (N)	Highway Thru Hell Retrieving a lost wreck. (N)	Highway Thru Hell An overturned load of heavy pipe. (N)	Gold Rush (N) (D)				
HIST	522	506	-	Forged in Fire A Damascus blade from plate armor. (N)	Forged in Fire A Damascus blade; the Knightly Poleaxe.	Forged in Fire A Damascus blade; the Knightly Poleaxe.	Forged in Fire A needle point Damascus blade. (N) (D)	Forged in Fire The winning four must forge a wakizashi.	Forged in Fire: Cutting Deeper (N) (D)	Forged in Fire A needle point Damascus blade. (N) (D)	Forged in Fire (N) (D)				
PARMT	628	584	-	Ink Master The artists battle for control. (N)	Ink Master The intense battle for \$100,000. (N) (D)	Ink Master The intense battle for \$100,000. (N) (D)	Ink Master The artists are tested. (N) (D)	Ink Master Clean and Christian have grudge match.	Ink Master One artist wins the title of Ink Master. (N) (D)	Tattoo Nightmares (N) (D)	Tattoo Nightmares (N) (D)	Tattoo Nightmares (N) (D)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Créer des richesses et des emplois.	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	Law & Order: Special Victims Unit A prostitution ring.	Law & Order: Special Victims Unit "Cage" (N) (D)	Law & Order: Special Victims Unit "Cage" (N) (D)	Law & Order: Special Victims Unit "Haystack" (N) (D)	** "Prometheus" (2012) Noomi Rapace, Michael Fassbender. Explorers wage a terrifying battle to save mankind's future. (N) (D)	Man With a Plan (N) (D)	Law & Order: SVU					
SLICE	601	562	-	Sex and the City (N) (D)	Sex and the City (N) (D)	Vanderpump Rules "Either Him or Me" (N) (D)	Unanchored The friends hit Tahiti Beach. (N) (D)	Below Deck Adrian is confused by Laura's advances.	Unanchored Fallout of Vanessa and Rachel's fight.	Sex and the City (N) (D)	Sex and the City (N) (D)	Below Deck (N) (D)			
TLC	521	560	-	7 Little Johnstons Anna is left in charge at home. (N)	7 Little Johnstons A trip to a Bavarian-style village. (N)	7 Little Johnstons A trip to a Bavarian-style village. (N)	Bad Week Anna gets in trouble at the conference. (N)	Outdaughtered "It's Beginning to Look a Lot like Quintmas" The girls perform at a Christmas show. (N)	7 Little Johnstons (N) (Live) (D)	SportsCentre (N) (Live) (D)	SC With Jay and Dan (N) (Live) (D)				
TSN	400	400	-	SportsCentre (N) (Live) (D)	That's Hockey	NBA Basketball Los Angeles Lakers at Brooklyn Nets. From Barclays Center in Brooklyn, N.Y. (N) (Live) (D)				SportsCentre (N) (Live) (D)	SC With Jay and Dan (N) (Live) (D)				
YOUTH	551	542	-	Henry Danger	Game On (N) (D)	*** "Santa Paws 2: The Santa Pups" (2012) Cheryl Ladd.		** "Jingle All the Way" (1996) Arnold Schwarzenegger.		Just Kidding	Just Kidding	Jingle			

Your week on TV

WEDNESDAY EVENING DECEMBER 19, 2018

	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 "With Great Power Comes Great Responsibility" (Season Finale) (N) (D)		Survivor The castaways reunite. (N) (D)		Survivor The castaways reunite. (N) (D)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (D)		
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (D)	Wheel of Fortune (N) (D)	LEGO Jurassic World	LEGO Jurassic World	Hollywood Game Night "Ho Ho Holiday Game Night" (N) (D)		Pentatonix: A Not So Silent Night (N) (D)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (D)		
CBMT	6	206 301	CBC Montreal News (N)	Power & Politics (N)	Frosty Returns (N) (D)	Coronation Street (N) (D)	Canada's Smartest Person Junior (N) (D) (DVS)	Mr. D "Parting Gift" (N) (D)	Halifax Comedy Festival		The National (N) (D)	CBC Montreal News	First Play Live	Coronation Street (N) (D)	
CHLT	7	107 718	(5:58) TVA nouvelles (N)	Le tricheur "Noël" (N)	La poule aux oeufs d'or (N)	** "Maman, j'ai encore raté l'avion" (1992, Enfants) Macaulay Culkin, Joe Pesci, Daniel Stern. (SC)		(:45) Vlog 15 (SC)		TVA nouvelles (N)	(:35) "Nez rouge" (2003, Com. Sentimentale) Patrick Huard. Un critique mesquin fait équipe avec une écrivaine. (SC)				
WMTW	8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (D)	Jeopardy! (N) (D)	"Olaf Adventure" (N) (D)	Shrek the Halls (N) (D)	Modern Family (N) (D)	(:31) Single Parents (N) (D)	The Goldbergs (N) (D)	American Housewife (N) (D)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (D)	
CKSH	9	108	(5:59) Le télé-journal Estrie (N)	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé "Les vrais enfants de la télé" La nostalgie de l'enfance. (SC)				Le téléjournal (N) (SC)		(:05) ** "Sur la route" (2012, Drame) Garrett Hedlund, Sam Riley. (SC)		
CKMI	11	-	Global National (N) (D)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Survivor "With Great Power Comes Great Responsibility" (Season Finale) (N) (D)				Survivor The castaways reunite. (N) (D)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (D)		
CFCF	12	205 312	(5:59) CTV News Montreal (N) (D)		etalk (N) (D)	The Big Bang Theory (N) (D)	The 4th Annual Howie Mandel Stand-Up Extravaganza Stand-up performances; Howie Mandel. (N) (D)				Russell Peters Christmas Celebrating Christmas. (N) (D)	News-Lisa	CTV News Montreal (N) (D)	The Daily Show	
WVNY	22	-	Local 22 News (N)	ABC World News	Local 22 News (N) (D)	Inside Edition (N) (D)	"Olaf Adventure" (N) (D)	Shrek the Halls (N) (D)	Modern Family (N) (D)	(:31) Single Parents (N) (D)	The Goldbergs (N) (D)	American Housewife (N) (D)	Local 22 News (N) (D)	(:35) Jimmy Kimmel Live (N) (D)	
WUTV	60	-	The Big Bang Theory (N) (D)	Judge Judy (N) (D)	Judge Judy (N) (D)	Family Feud (N) (D)	Empire "Pride" Andre tries to make a name for himself. (N) (D)		Star Alex helps a fan start a music career. (DVS)		2 on Your Side at 10 (N) (D)	Seinfeld "The Dog" (N) (D)	Two and a Half Men (N) (D)	Two and a Half Men (N) (D)	Last Man Standing (N) (D)
CFKS	61	106 726	Souper parfait (N) (D)	Occupation double Grèce (N) (D)	"Le roman de Noël" (2017) Alicia Witt. Première. Kim rêve de devenir une romancière publiée et reconnue. (N) (D)				"Le Noël de l'amour" (2016, Drame) Marguerite Moreau, Mike Faïola, Brady Smith. Un écrivain retrouve l'inspiration. (N) (D)			Occupation double Grèce (N) (D)	NVL (N) (D)	Moment V (N) (D)	
WUHF	-	363	Modern Family (N) (D)	Modern Family (N) (D)	The Big Bang Theory (N) (D)	The Big Bang Theory (N) (D)	Empire "Pride" Andre tries to make a name for himself. (N) (D)		Star Alex helps a fan start a music career. (DVS)		13WHAM News at 10 on Fox Rochester (N) (Live) (D)	DailyMailTV (N) (D)	The Simpsons (N) (D)	Paid Program (N) (D)	
WETK	-	-	PBS NewsHour (N) (D)		Born to Explore-Wiese (N) (D)	Weekends With Yankee (N) (D)	Nature Family of Yunnan snub-nosed monkeys. (N) (D)		NOVA Clues about who built Stonehenge. (DVS)		Legends of American Skiing (N) (D)	Amanpour and Company (N) (D)	Nightly Business Report (N) (D)		
WCFE	-	-	World News America (N) (D)	Nightly Business Report (N) (D)	PBS NewsHour (N) (D)		Nature Family of Yunnan snub-nosed monkeys. (N) (D)		NOVA Clues about who built Stonehenge. (DVS)		The Andes: Kingdoms of the Sky Challenges of the Andes. (N) (D)	BBC World News (N) (D)	Amanpour and Company (N) (D)		
A&E	615 520		(5:00) Live PD enforcement. (N) (D)	"Live PD -- 01.12.18" Riding along with law enforcement. (N) (D)			Live PD "Live PD -- 11.18.17" Riding along with law enforcement. (N) (D)					Storage Wars (N) (D)	Storage Wars (N) (D)	Live PD (N) (D)	
BRAVO	620 523		CSI: Miami "Three-Way" A hotel's pool boy is murdered. (N) (D)		CSI: Miami Horatio is framed for murder. (N) (D)		CSI: Miami "Felony Flight" A convicted murderer escapes. (N) (D)		CSI: Miami The team tackles a deadly divorce case. (N) (D)		CSI: Miami A girl dies when her family is trapped. (N) (D)	CSI: Miami "Prey" A teenage tourist goes missing. (N) (D)	CSI: Miami (N) (D)		
CNN	500 500		Situation Room With Wolf (N) (D)		Erin Burnett OutFront (N) (D)		Anderson Cooper 360 (N) (D)		Cuomo Prime Time (N) (D)		CNN Tonight w/ Don Lemon (N) (D)	CNN Tonight w/ Don Lemon (N) (D)	Cooper 360 (N) (D)		
DISC	520 505		Highway Thru Hell Jamie takes The Python off road. (N) (D)		MythBusters Testing ways to beat police road spikes. (N) (D)		Mayday A commercial jet runs out of fuel. (N) (D)		Border Live "Border Live 12.19.18" (N) (D)		Highway Thru Hell Retrieving a lost wreck. (DVS) (N) (D)	Highway Thru Hell (N) (D)	Highway Thru Hell (N) (D)		
HIST	522 506		American Pickers A mint '56 Chevy Belair. (N) (D)		Forged in Fire A needle point Damascus blade. (N) (D)		Forged in Fire The winning four must forge a wakizashi. (N) (D)		Vikings Floki must make a fated decision. (N) (D)		The Curse of Oak Island: Digging Deeper (N) (D)	American Pickers A mint '56 Chevy Belair. (N) (D)	Vikings "The Lost Moment" (N) (D)		
PARMT	628 584		Life or Debt An MMA fighter faces budget cuts. (N) (D)		Life or Debt Former pop star Aaron Carter needs help. (N) (D)		Life or Debt A meatball maker is close to ruin. (N) (D)		Life or Debt A postal worker needs financial help. (N) (D)		Life or Debt Two yoga teachers need help. (N) (D)	Life or Debt Facing the truth about bank accounts. (N) (D)	Life or Debt (N) (D)		
RDI	126 730		(5:59) Le national (N) (D)	(:31) RDI économie (N) (D)	(:01) 24/60 (N) (SC)		Les grands reportages "L'enfer des paradis fiscaux" (N) (D)		Le téléjournal avec Céline Galipeau (N) (SC)		Mordus de politique (SC) (N) (D)	Le national (N) (SC) (N) (D)	(:31) Le national (N) (D)	(12:01) 24/60 (SC) (N) (D)	
SHOW	616 521		Law & Order: Special Victims Unit "Sin" (N) (D)		Law & Order: Special Victims Unit "Responsible" (N) (D)		Law & Order: Special Victims Unit "Florida" (N) (D)		** "Contraband" (2012, Action) Mark Wahlberg, Kate Beckinsale, Ben Foster. A former smuggler finds he has to get back in the game. (N) (D)		Man With a Plan (N) (D)	Law & Order: SVU (N) (D)			
SLICE	601 562		Sex and the City (N) (D)	Sex and the City (N) (D)	Unanchored Fallout of Vanessa and Rachel's fight. (N) (D)		Sweet Home Jennifer redesigns the judge's office. (N) (D)		The Real Housewives of New Jersey (N) (D)		Vanderpump Rules "Either Him or Me" (N) (D)	Sex and the City (N) (D)	Sex and the City (N) (D)	Housewives/NJ (N) (D)	
TLC	521 560		My 600-Lb. Life A mother of two ashamed of her size. (N) (D)		My 600-Lb. Life Susan seeks help to get out on her own. (N) (D)		Dr. Pimple Popper: The 12 Pops of Christmas Dr. Lee treats patients' skin issues. (N) (D)		My Crazy Obsession (N) (D)		(:02) Family by the Ton Chitola's surgery day is here. (N) (D)	(:02) My 600-Lb. Life A long line of family obesity. (N) (D)	The 12 Pops of Christmas (N) (D)		
TSN	400 400		SportsCentre (N) (Live) (D)		That's Hockey (N) (D)	SC (N) (D)	2019 IIHF World Junior Championship Canada vs Switzerland. (N) (Live) (D)				Pre-tournament (N) (D)	SportsCentre (N) (Live) (D)	SC With Jay and Dan (N) (D)		
YOUTH	551 542		Game (N) (D)	Lip Sync (N) (D)	"Snow Buddies" (2008) Dominic Scott Kay. (N) (D)				"Jingle All the Way 2" (2014) Larry the Cable Guy. (N) (D)		Just Kidding (N) (D)	Just Kidding (N) (D)	Jingle All 2 (N) (D)		

THURSDAY EVENING DECEMBER 20, 2018

	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) (D)	(:31) Young Sheldon (N) (D)	(:01) The Big Bang Theory (N) (D)	Murphy Brown (N) (D)	S.W.A.T. "Shaky Town" The team faces human traffickers. (N) (D)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (D)		
WPTZ	5	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (D)	Wheel of Fortune (N) (D)	Timeless "The Miracle of Christmas Part I/II" (Series Finale) California Gold Rush; Korean War. (N) (D)		Ellen's Game of Games (N) (D)		Ellen's Game of Games (N) (D)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (D)		
CBMT	6	206 301	CBC Montreal News (N)	Power & Politics (N)	"Magic Hockey" (N) (D)	Coronation Street (N) (D)	"Rudolph the Red-Nosed Reindeer" (1948) (N) (D)		Stars on Ice A celebration of Olympic gold medalists. (N) (D)		The National (N) (D)	CBC Montreal News (N)	Canadian Reflections (N) (D)	Coronation Street (N) (D)	
CHLT	7	107 718	(5:58) TVA nouvelles (N)	Le tricheur "Noël" (N)	(6:59) Joyeux Noël Shrek! (N) (D)	Vlog Marie-Mai. (SC) (N) (D)	Ninja Warrior: le parcours ultime "Finales à Las Vegas" Les participants s'affrontent. (DVS) (SC) (N) (D)				TVA nouvelles (N)	(:35) "Dernière chance" (2006) Dermot Mulroney. Un homme atteint d'une maladie mortelle tombe amoureux. (N) (D)			
WMTW	8	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (D)	Jeopardy! (N) (D)	A Charlie Brown Christmas (N) (D)		The Great American Baking Show: Holiday Edition "Semi-Final and Final" One contestant is crowned the winner. (N) (D)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (D)			
CKSH	9	108	(5:59) Le télé-journal Estrie (N)	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	Les dieux de la danse Gala des vedettes de la 3e saison. (N) (D)		Rite de passage Le mode de vie traditionnel autochtone. (N) (D)		Le téléjournal (N) (SC)		(:05) ** "Sept ans au Tibet" (1997) Brad Pitt, David Thewlis. Première. (SC) (N) (D)		
CKMI	11	-	Global National (N) (D)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Timeless "The Miracle of Christmas Part I/II" (Series Finale) California Gold Rush; Korean War. (N) (D)		Best of Border Security (N) (D)	Best of Border Security (N) (D)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (D)			
CFCF	12	205 312	(5:59) CTV News Montreal (N) (D)		etalk (Part 1 of 2) (N) (D)	The Big Bang Theory (N) (D)	The Big Bang Theory (N) (D)	(:31) Young Sheldon (N) (D)	(:01) The Beaverton Ruins Your Holiday Special (N) (D)		Law & Order: Special Victims Unit "Chasing Demons" (N) (D)	News-Lisa	CTV News Montreal (N) (D)	The Daily Show	
WVNY	22	-	Local 22 News (N)	ABC World News	Local 22 News (N) (D)	Inside Edition (N) (D)	A Charlie Brown Christmas (N) (D)		The Great American Baking Show: Holiday Edition "Semi-Final and Final" One contestant is crowned the winner. (N) (D)		Local 22 News (N) (D)	(:35) Jimmy Kimmel Live (N) (D)			
WUTV	60	-	The Big Bang Theory (N) (D)	Judge Judy (N) (D)	Judge Judy (N) (D)	Family Feud (N) (D)	A Christmas Story Live! A boy wants a BB gun for Christmas. (N) (DVS) (N) (D)				2 on Your Side at 10 (N) (D)	Seinfeld "The Strike" (N) (D)	Two and a Half Men (N) (D)	Two and a Half Men (N) (D)	Last Man Standing (N) (D)
CFKS	61	106 726	Souper parfait (N) (D)	Occupation double Grèce (N) (D)	"Le diplôme de Noël" (2018) Lily Anne Harrison. Première. Une publicitaire est envoyée dans un camp d'entraînement. (N) (D)		** "Le cadeau de l'espoir" (2010) Sam Elliott, John Corbett. Une ville amène l'esprit de Noël à une fille malade. (N) (D)				Occupation double Grèce (N) (D)	NVL (N) (D)	Moment V (N) (D)		
WUHF	-	363	Modern Family (N) (D)	Modern Family (N) (D)	The Big Bang Theory (N) (D)	The Big Bang Theory (N) (D)	A Christmas Story Live! A boy wants a BB gun for Christmas. (N) (DVS) (N) (D)				13WHAM News at 10 on Fox Rochester (N) (Live) (D)	DailyMailTV (N) (D)	The Simpsons (N) (D)	Paid Program (N) (D)	
WETK	-	-	PBS NewsHour (N) (D)		Nothing Like Dreaming A Vermont teenager seeks refuge. (N) (D)		(:34) The Carpenters: Close to You & Christmas Memories (My Music Presents) The career of the Carpenters. (N) (D)		Festive Europe (N) (D)		(:02) Amanpour and Company (N) (D)	Nightly Business Report (N) (D)			
WCFE	-	-	World News America (N) (D)	Nightly Business Report (N) (D)	PBS NewsHour (N) (D)		New Tricks Gerry faces a blast from the past. (N) (D)		Death in Paradise Someone is murdered at a party. (N) (D)		The Coroner "The Drop Zone" Skydiving accident. (N) (D)	BBC World News (N) (D)	Amanpour and Company (N) (D)	Company (N) (D)	
A&E	615 520		The First 48 A homeless man is gunned down. (N) (D)		Live PD Presents (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	(:01) Live PD Presents: PD Cam (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	Live PD Presents (N) (D)	
BRAVO	620 523		Criminal Minds Morgan returns to help Penelope. (N) (D)		Criminal Minds The BAU must find missing women. (N) (D)		Criminal Minds A subject targets prominent people. (N) (D)		Criminal Minds A criminal sensationalizes his crimes. (N) (D)		Criminal Minds Multiple bodies are found in suitcases. (N) (D)	Criminal Minds An unknown subject targets businessmen. (N) (D)	Criminal Minds (N) (D)		
CNN	500 500		Situation Room With Wolf (N) (D)		Erin Burnett OutFront (N) (D)		Anderson Cooper 360 (N) (D)		Cuomo Prime Time (N) (D)		CNN Tonight w/ Don Lemon (N) (D)	CNN Tonight w/ Don Lemon (N) (D)	Cooper 360 (N) (D)		
DISC	520 505		Highway Thru Hell A truck driver is trapped. (N) (D)		MythBusters The Mythbusters blow open a safe. (N) (D)		Vegas Rat Rods The crew only has two weeks to go. (N) (D)		Bitchin' Rides An old build is back for more upgrades. (N) (D)		FantomWorks 1951 Mercury Woody; 1970 Mustang Boss. (N) (D)	Street Outlaws: Memphis "Big Apple, Big Mouths" (N) (D)	Vegas Rat Rods (N) (D)		
HIST	522 506		American Pickers The guys find a rare 1930s coupe. (N) (D)		Vikings Floki must make a fated decision. (N) (D)		Counting Cars "Danny Doubles Down" (N) (D)		Born Tough: Inside the Ford Factory (N) (D)		Rust Valley Restorers "Going Into Battle" (N) (D)	American Pickers The guys find a rare 1930s coupe. (N) (D)	Born Tough: Inside Ford (N) (D)		
PARMT	628 584		Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle Showcasing Jackson's greatest hits. (N) (D)	Lip Sync Battle (N) (D)	Lip Sync Battle (N) (D)	Bar Rescue (N) (D)	
RDI	126 730		(5:59) Le national (N) (D)	(:31) RDI économie (N) (D)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC) (N) (D)		Le téléjournal avec Céline Galipeau (N) (SC) (N) (D)		Mordus de politique (SC) (N) (D)	Le national (N) (SC) (N) (D)	(:31) Le national (N) (D)	(12:01) 24/60 (SC) (N) (D)	
SHOW	616 521		Law & Order: Special Victims Unit "Hell" (N) (D)		Law & Order: Special Victims Unit "Baggage" (N) (D)		Law & Order: Special Victims Unit "Selfish" (N) (D)		Legacies Young supernatural beings come of age. (N) (D)		Marvel's Runaways "Doomsday" (N) (D)	Marvel's Runaways The kids face off with their parents. (N) (D)	Legacies (N) (D)		
SLICE	601 562		Sex and the City (N) (D)	Sex and the City (N) (D)	The Real Housewives of New Jersey (N) (D)		Get a Room With Carson & Thom (N) (D)		Married at First Sight: Honey-moon Island (N) (D)		Married at First Sight: Happily Ever After? (N) (D)	Sex and the City (N) (D)	Sex and the City (N) (D)	Honeymoon Island (N) (D)	
TLC	521 560		90 Day Fiancé Ashley and Jay elope in Vegas. (N) (D)		(:02) 90 Day Fiancé "Backed Into a Corner, Part 2" (N) (D)		Dr. Pimple Popper Taylor has a dangerous bump. (N) (D)		Dr. Pimple Popper Doctor's favorite types of pops. (N) (D)		(9:59) Dr. Pimple Popper Dr. Lee is in good holiday cheer. (N) (D)	My Crazy Obsession (N) (D)	Dr. Pimple Popper (N) (D)		
TSN	400 400		SportsCentre (N) (Live) (D)		That's Hockey (N) (D)	Road to Football Playoff (N) (D)	College Football Bad Boy Mowers Gasparilla Bowl -- South Florida vs Marshall. (N) (Live) (D)					SportsCentre (N) (Live) (D)	SC With Jay and Dan (N) (D)		
YOUTH	551 542		"Albert" (2016) (N) (D)		** "Santa Buddies" (2009) George Wendt. (N) (D)				** "Christmas With the Kranks" (2004) Tim Allen. (N) (D)		Game On (N) (D)	Just Kidding (N) (D)	Santa Bud (N) (D)		

Steve Hill to play the Cabaret Eastman

Record Staff

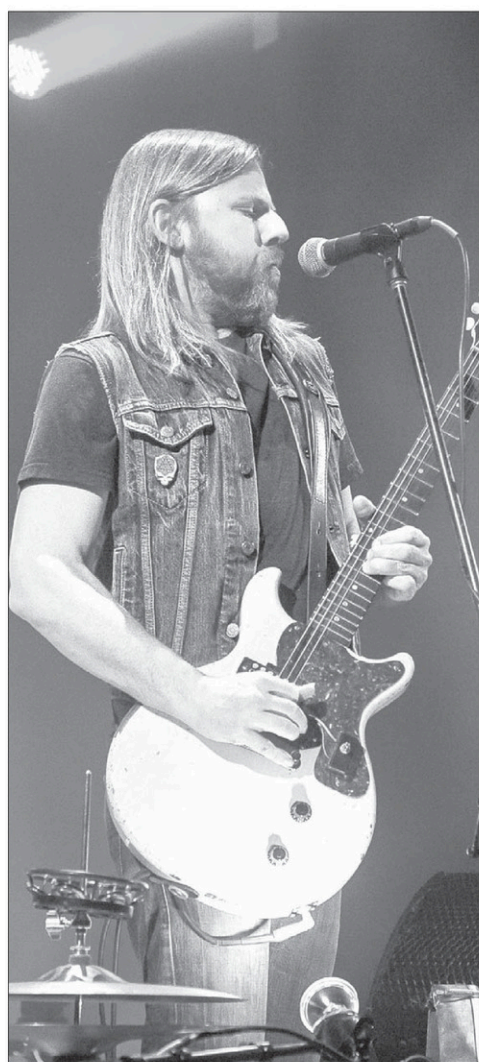
One week from today, on the night of Dec. 21, Blues/Rock musician Steve Hill will be playing his last show of the year at the Cabaret Eastman. Playing selections from his Solo Recording collections, Hill will work to live up to his reputation as a "one-man blues rock band."

Over the course of the evening's performance, the audience can expect to hear Hill sing and play guitar while accompanying himself on the harmonica and playing the drums with his feet

Since 1997 the Trois-Rivières-born musician has released 10 albums. In 2015 he won Blues Album of the year at the Junos for Solo Recordings, Vol. 2.

Hill takes to the stage at 8 p.m. More information is available by calling 1 450-297-1200. For more on Hill and his music check out:

www.stevhillmusic.com



COURTESY

MUSIC

December 14

Christmas Party and Dance for all ages at the Bulwer Community Center, 254 Jordan Hill Road, on Friday, December 14, 7 p.m. to 11 p.m. Santa will be there at 8 to hand out candy to the children. Pot-luck lunch. PEANUT FREE building, NO NUTS. A free will donation at the door in support of the Bulwer Community Center. Music provided by The Drew Family and Todd Aiken.

December 15

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 The Big River Band. There will be no dance on December 22. Info: Gail 819-876-2021. Everyone welcome. Please note that tickets are now on sale for the New Year's Eve Dance - Special gifts, door prizes, music by Double or Nothing. This is one New Year's Eve party not to be missed!

December 15

Dance at the Catholic Church in Sawyerville (in the basement) on Saturday, December 15 from 8 p.m. to midnight. Music by The Country Swingers. Admission \$8. All welcome.

December 15

You are invited to come help us celebrate the 3rd annual Christmas Country Music Appreciation Jam, in Country style, at the Burrough's Falls Reception Hall in Ayer's Cliff on Saturday, December 15. Hours of live country music, a Christmas buffet with all the trimmings, plus several door prizes, all for just \$15. We have an awesome show lined up. Along with the amazing house band "Bobbi Dee and The Honky Tonk Rebels" will be our special guest Gary Darling, plus a mystery guest and also some of our other favorite local musicians may stop by to Jam. This is one Christmas event you really won't want to miss! Tickets now available! To reserve, call Burrough's Falls at 819-838-4912.

December 16

Christmas Sing Along: come one and all! Join in the singing of your favourite Christmas music, both sacred and secular, and enjoy a few Christmas stories and humour as well as seasonal refreshments. This bilingual, ecumenical afternoon is a great family event sponsored by the churches of Sutton and will be held in the hall of Grace Anglican Church at 3 p.m. on December 16. Information: Gail Booth at 450-538-0530.

December 17

Scott Woods "Old-Time Christmas" Concert: Championship Fiddler Scott Woods will host a benefit fundraiser concert for the Dr. W. J. Klinck Foundation for Grace Village. Concert will be Monday, December 17 at 7 p.m. at Hope Community Church (102 Queen, Sherbrooke). Tickets \$25 each for adults and \$10 for kids and can be purchased at Grace Village or

What's On

Clarke & Sons, or by calling 1-855-726-8896.

December 31

New Year's Eve Dance on December 31 at the Royal Canadian Legion in Waterloo, 77 Lewis East, from 8 p.m. until 1 a.m. Music with Gary Darling, Hot and cold buffet along with door prizes. \$15 each.

December 31

New Year's Eve Party at the Hut, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville, on Monday, December 31. Supper: Buffet (Turkey), 6 p.m., \$15 per person, followed by music with QUEEN ST., 8:30 p.m. Dance: \$10. Country and Rock & Roll. Ticket now available at The Hut, 300 St. Francis Street.

December 31

New Year's Eve Celebration, presented by Loisir Sawyerville, at the Sawyerville Catholic Church, in the basement, from 9 p.m. to 1 a.m. Music by The Countrymen. Bring your own drinks. Pot-luck lunch. \$10 each. To reserve, call Martine at 819-553-8500.

January 5

Come join us as we say goodbye to the old year and celebrate the 3rd annual New Year's Country Music Appreciation Jam, in Country style, at the Burrough's Falls Reception Hall in Ayer's Cliff on Saturday, January 5. There'll be hours of live country music, a New Year's buffet, plus several door prizes and all for just \$15 in advance or \$20 at the door. Music by house band "Bobbi Dee and The Honky Tonk Rebels," special guest, Mike Goudreau, paying tribute to some of the older country classics, plus others. Tickets now available at Burrough's Falls 819-838-4912 or call 819-993-3626 for ticket drop off locations near you.

EVENTS

Until December 29

NORTH HATLEY LIBRARY Christmas Arts & Crafts Sale from November 25 to December 29. Grand Opening Sunday, November 25 from 3 p.m. to 6 p.m. Show hours: Tuesday: 10 a.m.-12:30 p.m., Wednesday: 10 a.m.-12:30 p.m. & 6:30 p.m.-8:30 p.m., Thursday: 10 a.m.-12:30 p.m., Friday: 10 a.m.-12:30 p.m., Saturday: 10 a.m.-5 p.m., Sunday: 1 p.m.-4 p.m.

December 15

Christmas Supper and Dance at the Stanstead Legion on December 15. Supper starts at 5:30 p.m., dance at 8 p.m. Come and enjoy deep fried turkey with all the fixings and finish it off with a 2-step with Mike & Kylie. \$15. Tickets available at the Legion.

December 15

Sutton Junction Community Hall, a fundraising Bake Sale will be held at the Hall on Saturday, December 15 from 9 a.m. to 4 p.m. Drop in for a cup of coffee and stock up on Christmas cookies, fudge, pies, muffins, squares, cakes and all sorts of treats including gluten free

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pastries. Come and support a good cause. The Hall is located at 128 Mt. Echo Road in Sutton Junction.

December 15 & 16

Noël Artisanal December 15 and 16 at Marché des Artisanats Dunham. Twenty-five local artisans and artists. Unique gifts, gadgets, décor, and stuff you need. Chance to win a gift basket. Refreshments. 3786 rue Principale Dunham. Saturday 9:30 a.m. to 4:30 p.m. Sunday 9:30 a.m.-3:30 p.m. 450-295-2252. FB @marchedesartisanatsdunham.

December 16

TRENHOLM UNITED CHURCH - Worship and song await you at our CHRISTMAS SERVICE which will take place on Sunday, December 16 at 2:00 p.m. Come and enjoy fellowship in our little country church. Everyone welcome!

December 16

Christmas Market, Chevalier de Colomb Hall, 143 rue St-Pierre, East Angus. Sunday, December 16 from 10 a.m. to 4 p.m. Wagon rides, karaoke, mini farm, photo booth, face painter. Welcome to everyone!

December 24

St. James Anglican Church - Foster. Please join us for our Christmas Eve Service December 24 at 2 p.m., Rev. Tim Smart officiating. We also welcome you to join us for a pot-luck meal afterwards in the hall. We are the little church on the hill at 725 Lakeside in Foster. Information: Kate 450-539-1123.

December 24 & 25

December 24: Christmas Eve Service at Hope Community Church, corner of Queen and College, Lennoxville at 6:00 p.m. Everyone welcome.

December 25: Christmas For You. Join us for singing, fellowship and Christmas Dinner at Hope Community Church, corner of Queen and College, Lennoxville, 11:00 a.m. - 1:00 p.m. (Doors open at 10:30 a.m.) No charge - "our gift to you." For transportation and/or information call: Paul McLean at 819-820-5932 or Don and Jackie Loughheed at 819-563-7750, email: info@hcclennoxville.ca or facebook.com/hcc.lennoxville



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Local Sports

It is obviously very difficult at this period of the year not to enjoy all the little sweets...

Executive Chef Weimar Gomez's other Passion is for Running Marathons



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Picture yourself in a high end restaurant, just finishing an exquisite meal. You've been told the executive chef will be stopping by to greet you and you picture a smiling, slightly rotund individual because well, look at the great food he/she's surrounded by all the time. Except it turns out to be executive chef Weimar Gomez, a restaurant owner and athlete who has run more than 15 marathons, including five of the majors. His preferred event for ambiance is New York City Marathon and for scenery, the Great Wall of China Marathon. He has completed Ironman 10 times. With an impressive running portfolio he also has the recipe for choosing the right ingredients to properly fuel his body to be at its optimum performance.

In a Q&A interview Gomez shares his passion for both healthy eating and running.

Q: Which came first your passion for running or becoming a chef?

A: Sport (has been) part of my entire life, (healthy body healthy mind). On the other hand I start cooking (with) passion when I was 17. I could not perform and succeed in a kitchen without the energy and motivation that the sport provides me, and to perform in sport is necessary eating well and healthy, it means that my two passions are complementary.

Q: What healthy eating tips do you follow leading up to your big events and tell us about your training regime?

A: A well balanced diet throughout the training period is necessary, that means a good daily ratio of proteins and carbohydrates and this will provide you the fuel needed during the training sessions.

Avoid all fatty foods and sugar excess. For animal protein, white-fleshed fish is the best option. For the carbohydrates, cereals, fruits like apricots, plums, peaches, grapes, and all green vegetables are a good source.

The week before the race is the most important, you need to make sure that your body is full of energy, sleep well and eat well. For a marathon, a half or full iron man distance, I do follow a dissociated diet. Six days before the race I cut the ingestion of carbohydrates and increase the proteins, three days before and until the race I do the opposite, I reduce the proteins

and increase the carbohydrates, that allows your body to stock and completely refuel.

Q: Do you have a favorite dish?

A: As a chef I love to eat, I do not have a favorite dish but I love seafood and vegetables.

Q: Tell us a typical day for you?

A: Wakeup at 5 am, I drink a coffee and eat some cereal or a banana followed by ninety minutes to two hours training, running or swimming. After a proper breakfast I start my work day at 9am. Based on my training schedule I take a break around 3 pm for two more hours of training, cycling or running.

My work day finish around 9pm, it happens that some times I don't have time to train in the afternoon so my session will be done after work. I'm very strict and avoid missing training sessions. Weekends are dedicated to the long sessions for bike and running. Monday is my day off, not training at all.

Q: With the holiday season now here are there any tips to avoid overeating?

A: It is obviously very difficult at this period of the year not to enjoy all the little sweets and rich food that

help you to stay warm.

There are a couple of races in February and March, register for one of them will motivate you to avoid the excess and keep training, with a goal on mind you will always pay more attention on what you're eating.

Q: Can you share some training tips?

A: I think that the best tips for someone who wants to run a half is, run a 10km (first)! To become a runner is a process and the best way to it is to respect some steps. Run 5km, 10km, a half, then (run) a marathon. Build solid bases and you'll be strong to run the distance you want!

Q: What is next for you?

A: Professionally: I'm working (on) the opening of my second restaurant.

Sport: The first half of the year will start with a half marathon in February, half iron man in Victoria in May, a full iron man in June or July (not decided yet where), and some small races in between.

Following a healthy lifestyle will not only improve your quality of life, it will enhance your performance.



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LEILA LIKES

Deaths



Stanley GARDNER (1948-2018)

Passed away peacefully at the Centre Hospitalier of Magog, on December 12,

2018, at the age of 70, loving husband of the late Karen Hale, long-time resident of Mansonville, QC.

Stanley leaves to mourn his sons; Charles (Melissa Jones) and Matthew (Martha Page); his grandchildren, Cassidy, Owen, Logan, Ally, Mya and Rose; his brother, Graydon (Betty), his brothers-in law and sisters-in-law, his nieces and nephews, as well as many other loved ones and friends.

Family will receive condolences at BROME-MISSISQUOI Funeral Complex, 402, rue de la Rivière, Cowansville, Que. on Saturday, December 15, 2018 from 9:30 a.m. to 11:30 a.m.

The funeral service will take place at the Funeral Complex at 11:30 a.m.

The family wishes to express a heartfelt thank you to all the staff of the palliative care of the CSSS Memphrémagog for the excellent care and support provided.

Donations may be made to the Cancer Research Society. Forms available at the Complex.

Condolences may also be sent via www.complexebm.com

BROME-MISSISQUOI Funeral Complex
402, rue la Rivière, Cowansville QC
PHONE: 450-266-6061
FAX: 450-266-6057
www.complexebm.com

Deaths



Roger LAVALLIERE (1943-2018)

It is with heartfelt sadness that we announce the passing of Roger Lavalliere, peacefully at home, on Dec. 10, 2018, at the age of 75. He leaves to mourn his wife, Barbara Allison Lavalliere, of nearly 52 years; daughter Carol; grandchildren Kimberly and Jayden Knight; mother Simonne; and sisters Huguette (Marcel), Sylvie and Pauline. He is predeceased by his son Mark; father Armand; siblings Raymond (Doris), Christian (Francine), and Céline.

He leaves to mourn many nieces, nephews, relatives and friends. Visitation in Cornwall will be held on Sunday, Dec. 16, 2018, from 2 to 4 p.m. at The Royal Canadian Legion, 415 2nd Street W.

Subsequent visitation will be held at the St. Paul's Anglican Church in Bury, QC (588 Main St.) on Tuesday, Dec. 18, 2018, from 1 to 2 p.m. followed by the funeral service and interment (at Grace United Church cemetery, Rte 255, Brookbury). A light lunch will follow at the Bury Town Hall.

In lieu of flowers, a donation, in his memory, to the Ottawa Heart Institute or a charity of your choice would be greatly appreciated.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Deaths



Suzanne POIRIER (1937-2018)

Passed away peacefully at the CSSS du Val-Saint François (Foyer Richmond), on Friday, December 7th, 2018 in her 81st year, Suzanne Poirier, loving wife of Lloyd Rodgers of 62 years, proud mother of Claire, Omer (Sara), Christine (David), and Daniel (Teresa). Proud grandmother, leaving behind 11 grandchildren and 9 great-grandchildren. Also, she will be mourned by her brother, 2 sisters, brothers-in-law, sisters-in-law, numerous nieces, nephews and many friends.

Predeceased by her parents Alcide Poirier and Émilienne Chainey. The family would like to thank everyone close and far who helped and supported Suzanne through her sickness, besides others, special thanks to the staff at the CHSLD CSSS du Val-Saint-François (Foyer de Richmond).

A service will be scheduled at a later date.

CASS FUNERAL HOMES
295 Principale S., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
www.casshomes.ca

Deaths



Lindsay REDIKER (1949 - 2018)

Passed away at the CHUS Fleurimont on December 12, 2018 at the age of 69. Dear husband of Margaret Horst and son of the late Randolph Rediker and the late Blanche Calloway.

Visitation will be held at the Cass Funeral Home, 545 Dufferin, Stanstead, QC, on Monday, December 17th, 2018 from 1 to 2 p.m. followed by a celebration of life.

Besides his wife Margaret, Lyn leaves to mourn his children: Jason (Becky), Heather (Yenseca), Tracy, Amy, Jessica; his grandchildren: Olivia, Zachary, William; Kaidy, Liam; and Oliver. He also leaves his sister Elaine (Dale) and brother Larry (Marilyn) as well as extended family and friends.

In lieu of flowers, donations to COPD Canada, 555 Burnhamthorpe Road, Suite 306, Toronto, Ont. M9C 2Y3, or to the charity of your choice would be appreciated by the family.

The family wishes to thank the staff of the Stanstead Ambulance; doctors and team at the 9th ICU floor of the CHUS-Fleurimont; CAB Rediker and CLSC home support team for the wonderful care provided.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
545 Dufferin St., Stanstead QC
PHONE: 819-876-5213
FAX: 819-849-3068
info@salonfunerairecoaticook.com
www.casshomes.ca



Gwendolyn Mabel (Pitman) PARKER (1921 - 2018)

A woman of strength, commitment and pragmatic wisdom, Gwen passed away peacefully at Grace Village in Huntingville on December 12th, 2018, in her 98th year.

She leaves to mourn her daughter Susan, son Michael (Debbie), and grandchildren Matthew (Holly), Stephanie (Chantelle) and Kimberley Parker. She is fondly remembered by her nieces, nephews, cousins, as well as various former students from her days of teaching in Ayer's Cliff and other areas of the Eastern Townships. She was predeceased by siblings Aileen, Doris and Douglas Pitman, and her husband Sterling Parker.

Gwen began her teaching career in small one-room schoolhouses in the Eastern Townships. After seventeen years of full-time teaching, she married and took time off to raise a family, doing supply teaching for a number of years. In later years, Gwen devoted a great deal of her time and energy to the Women's Institute both locally and provincially, at one time serving as president of the Quebec Women's Institute.

The family wishes to thank the nurses, caregivers and other staff at Grace Village for their patient and loving care over the years, particularly following a stroke Gwen suffered in 2013.

Visitation will be held on Monday, December 17th at 1:00 p.m. in the Upper Hall of Lennoxville United Church, followed by a funeral service in the sanctuary at 2:00 p.m. Interment at Reedsville cemetery in North Hatley. Reception to follow in the Lower Hall of Lennoxville United Church.

In lieu of flowers, those that wish may make a donation to Lennoxville United Church or a charity of their choice.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
www.casshomes.ca
PHONE: 819-564-1750
FAX: 819-564-4423



Willa WATSON (1942-2018)

At the Wales Home, on December 4th, 2018, passed away Mrs. Willa Watson at the age of 76 years. She was the daughter of the late Isabella Burns and the late James Cecil Watson. She was the wife of the late Reg McGregor.

Mrs. Watson leaves to mourn Mr. Gordon Watson, as well as her sisters-in-law Carole Gregory and Linda Gregory. She is also mourned by Mrs. Lois McCourt, other family and friends.

The funeral will be held in the spring of 2019.

COOPÉRATIVE FUNÉRAIRE DE L'ESTRIE
485 rue du 24-Juin, Sherbrooke QC
PHONE: 819-565-7646
FAX: 819-565-7844
info@coopfuneraire.com
www.coopfuneraireestrie.com

Iris ALLEN

Dec. 29, 1928 - Dec. 7, 2018

ALLEN, IRIS (nee Hooton) of Knowlton, Quebec. At the Brome Missisquoi Perkins Hospital December 7, 2018 at the age of 89. Predeceased by her parents Arthur and Frances Hooton and her loving husband Hugh Allen. Survived by her children Nancy (Doug), Beverley (Keith), Barbara (Dennis) and Robert. Survived by her grandchildren Christina (Dave), Kimberley (Shawn), Pamela (Geoff) and Diana (Rob). Also survived by her great-grandchildren Rylan, Alex, Evan and Mia.

She will be truly missed by family and friends. A Celebration of life will be held in the spring. In her memory donations to the Brome Missisquoi Perkins Hospital will be appreciated.



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Church Services

Death

Helen Louise (McGee) WILLIAMS (1927-2018)

Passed away at Grace Village on November 27, 2018 at the age of 91. Wife of the late



Albert Williams and mother of Beverley. Grandmother of Geoffrey, Scott (Laura) and great-grandmother of Hudson. A Funeral Service will be held in Spring 2019.

Donations to the Dr. W. J. Klinck Foundation, 1515 rue Pleasant View, Sherbrooke, Quebec J1M 0C6 would be greatly appreciated.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
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www.casshomes.ca

In Memoriam

LANCASTER, Wilfred - Remembering my dear friend, Wilfred Lancaster, who passed away one year ago, December 16. *Missing him still,*

MARION PATRICK

In Memoriam

TRYON, Nelson Stephen: September 19, 1910 – December 16, 1978 (40 years).

TRYON, Marjorie Ella Brazel: March 11, 1909 – January 10, 2004 (15 years).

In loving memory and gratitude of our parents, grandparents and great-grandparents.

*But o, for the touch of the vanished hand
And the sound of a laugh that is still.*

**DOREEN & MAC FRASER
LINDA & GEORGES ROBITAILLE**
(daughters)

**FAITH & MARK HARMER
HOPE AND STEVE CURRIER**

(granddaughters)
EMMETT CURRIER
(great-grandson)

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book *A Secular Age* and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

SHERBROOKE

Sunday, December 16 at 11:00 a.m., the Church of the Advent, 473 Bowen St. S., welcomes you to a service of Holy Communion with the Ven. Dean E. Ross officiating.

Presbyterian

LENNOXVILLE

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

United

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, celebrates the third Sunday of Advent on Sunday, December 16, at 10:30 a.m., walking a path of joy. All are welcome! Nous vous souhaitons la bienvenue à notre culte en français le dimanche, 16 décembre, à 13 h dans la chapelle (entrer par l'arrière); nous célébrerons le 3eme dimanche de l'Avent. Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

TRENHOLM

Trenholm United Church - Worship and song await you at our Christmas Service which will take place on Sunday, December 16 at 2:00 p.m. Come and enjoy fellowship in our little country church. Everyone welcome!

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, December 16, 7 p.m., Carol Service. Rev. Mead Baldwin 819-837-1112.

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.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to a Choral Service on Sunday, December 16 at 10:00 a.m. Refreshments to follow. All Welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

RICHMOND

The Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, invites you to join us for worship on Sunday, December 16 at 10:30 a.m. Charlotte Griffith will be leading this service. Everyone is welcome!

In Memoriam



In loving memory of
Beverley Gibson Goodsell
(1940 - 2017)

*Those we love don't go away, they walk beside us every day.
Unseen, unheard, but always near, so loved, so missed, so very dear.*

Love and miss you,
YOUR FAMILY
XOXO



SUDOKU

DIFFICULTY RATING: ★★★★★

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12/14

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Lennoxville Golden Agers

The Lennoxville Golden Agers met on December 4 for the annual Christmas Party.

A delightful afternoon of music was provided by Wayne Nutbrown, Janice Graham and Ron Haseltine. Kris McKercher led in the Christmas Carol singing. A few games were played and prizes were given.

Punch and snacks were available throughout the afternoon.

Linda Buchanan said Grace. A turkey dinner with tomato juice, turkey, potatoes, stuffing, coleslaw, carrots, turnips and rolls were on the menu. A choice of raisin, lemon and coconut cream pie with tea and coffee for dessert.

The tables were decorated with poinsettias purchased from La Maison Aube Lumiere. The winners of these plants were Jean Rourke, Louise Nutbrown, Frankie Noble, Linda Buchanan, Doris Coates and Mary Cheal.

Door prizes were provided by the club, Familiprix and Clarke and Sons. Winners were Fern Lapointe, Bob Hall, Louise Nutbrown, Margaret Vintinner, Audrey Caron, Ken Huff, Helen Matthews, Greta Nish, Margaret Hall, Jack Noble, Jack Kimpton, Shirley Nutbrown, Elaine

Lebourveau and Barbara Gosselin.

The Jelly Bean Guess was won by David Brown with the exact number in the jar!

Guests were Ken Huff, Bob Nish, Audrey and Rejean Caron, Grace Betts, Irene Humphrey, Ron Haseltine, Janice Graham, Kris McKercher, Linda Buchanan, Claude Charron, Frankie and Jack Noble, Harold and Shirley Nutbrown.

We want to thank the musicians and Kris. Also, Jack and Frankie Noble for assisting with serving.

Thanks goes to Mr. Lafond at Provigo for the clementines, to Familiprix and Clarke and Sons for the Gift Certificates.

We want to thank the cooks David, Gloria and Tina, and the cleanup crew (Bishop's students.)

Santa Claus did a great job and we appreciated his visit. Thanks to Pat, our President, for organizing the party.

Merry Christmas and the Best in 2019.

Next meeting: January 15, 2019.

Submitted by
Glenda Huff

Merry Christmas
and Happy New Year

*Sitting and watching time go by,
Old friends and new come and go,
Miss them all, 'till I get my call.*

Love to all
Irene Decoteau

Your Birthday

FRIDAY, DECEMBER 14, 2018

Take care of matters that have been hanging over your head for way too long. Honesty and integrity should be your top priorities as you forge into the future and make your voice heard. Kindness and consideration will make a difference. Spend your time and money wisely.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen attentively, but don't believe everything you hear. Take on only what you know you can handle. Falling short will change the way people view you.

CAPRICORN (Dec. 22-Jan. 19) — Look back at a past gaffe and learn from what unfolded if you want to avoid making a similar mistake now. Trust your heart and share your feelings.

AQUARIUS (Jan. 20-Feb. 19) — Don't wait for someone else to go first or steal your idea. Do things for yourself and others, and take credit where credit is due to find success and happiness.

PISCES (Feb. 20-March 20) — Don't underestimate someone's persuasive power. Emotional manipulation is apparent. Giving in to temptation will be your downfall. A practical outlook will help you avoid a costly mistake.

ARIES (March 21-April 19) — If you crave change, make it happen. Go the extra mile and refuse to let anyone stand in your way or meddle in your affairs. Be honest about the way you feel.

TAURUS (April 20-May 20) — Don't forget what's important at this time of the year. Share what you've got and be

grateful for what others share with you. Love and romance will enhance your life.

GEMINI (May 21-June 20) — Don't trust new acquaintances to tell you the truth. Listen and observe, but don't share your personal opinions or information. Strive for personal growth and integrity.

CANCER (June 21-July 22) — Look for opportunities to excel. Consider what you would like to do next year. A change will do you good and should give you more time to explore creative projects.

LEO (July 23-Aug. 22) — Have fun with friends, but don't let anyone talk you into being excessive or doing things you shouldn't. You may want to indulge, but limit your intake and protect your reputation.

VIRGO (Aug. 23-Sept. 22) — Problems at home or with a loved one will mount if there have been miscommunications or opacity about feelings or plans. Do your best to keep the peace.

LIBRA (Sept. 23-Oct. 23) — Your intentions may mislead someone. When it comes to sharing your feelings or plans, you are best off being crystal clear and paying close attention to detail. Words matter.

SCORPIO (Oct. 24-Nov. 22) — Share something you enjoy with a loved one. A promise will change your life and bring you closer to reaching your long-term goals. Don't let someone from your past disrupt your life.

SATURDAY, DECEMBER 15, 2018

Sensitive matters will get blown out of proportion. Look at all the facts and make choices based on the truth. Don't let indulgence be your weakness or your way of ignoring what needs to be dealt with. Change must come from the heart if you want to improve your life.

SAGITTARIUS (Nov. 23-Dec. 21) — Travel and communication will be difficult. Avoid getting into a spat with someone that could be prevented by keeping your opinions to yourself. Bring joy, not chaos, to your conversations.

CAPRICORN (Dec. 22-Jan. 19) — Getting together with old friends will revive some of the goals and plans you used to talk about. A romantic connection you have with someone will reach a greater level of understanding.

AQUARIUS (Jan. 20-Feb. 19) — Don't take anything for granted, especially when it could affect your physical well-being. Search for better ways to live, and initiate the changes you want to make now.

PISCES (Feb. 20-March 20) — Put your ideas into motion and hone your skills before you share information with others. Someone will be inclined to take credit for what you've accomplished if you aren't careful.

ARIES (March 21-April 19) — Think big, but don't do anything that isn't within reason. Beware of anyone trying to meddle in your affairs or cause problems for you by spreading rumors.

TAURUS (April 20-May 20) — Memories of your past mistakes will help you stay on track and avoid getting

into trouble. A steady pace will ensure that you keep everything up-to-date. End your day with a little romance.

GEMINI (May 21-June 20) — An opportunity should be looked at carefully. Someone will feed you information that isn't accurate. Do your research before you decide to spend money or get involved in a joint venture.

CANCER (June 21-July 22) — Personal improvements can be made, and preparation for upcoming events can be put into play. Making plans and doing things with a loved one will bring you closer together. Romance is highlighted.

LEO (July 23-Aug. 22) — Travel should be kept to a minimum. Delays, unexpected problems and difficulties with authority figures will leave you in a quandary. Avoid indulgent behavior and overspending.

VIRGO (Aug. 23-Sept. 22) — Confusion will set in if someone sends you mixed signals. Clear the air and ask direct questions to avoid a nettlesome problem. Emotions and money matters will collide.

LIBRA (Sept. 23-Oct. 23) — Change begins within. Don't try to get others to conform to your way of thinking. Size up the situation and decide whom you want to share your life with and whom you wish to avoid.

SCORPIO (Oct. 24-Nov. 22) — Share something special with someone you love. The discussions you have with a friend or relative will have an impact on a decision you are trying to make.

Sunday horoscope on page 23



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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.

“ E J E ' C U V E K U P G Y V Z U G A E J L D Y V H L ,
 E C E U G P S X B L A A A E F L E K P G L
 W V C N S K O V J W G L L Y J Z A E T E V P X A E H L
 S W P V Y X . ” — N L P L Y J E K W G

Previous Solution: “My kitchen... where the sounds and odors carry meaning that transfers from the past and bridges to the future.” — Pearl Bailey

TODAY'S CLUE: *a s i e n b e 1*

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.

“ X T K R R T I R - Z Y N T P T K T L P K G ,
 Y G Y S E K R T P I J L L M H C T I I Y S V P Z
 X T Z Y S . M T P Z L N J T M Y I L T P I K L E L F S
 2 5 K R R T I R H W R L L J S Y F P T L P . ”
 — O V E J Y P L

TODAY'S CLUE: *N equals F*

company of cheerful idiots like actors.” — Peter Finch

Previous Solution: “If I'm going through life broke, I might as well live in the

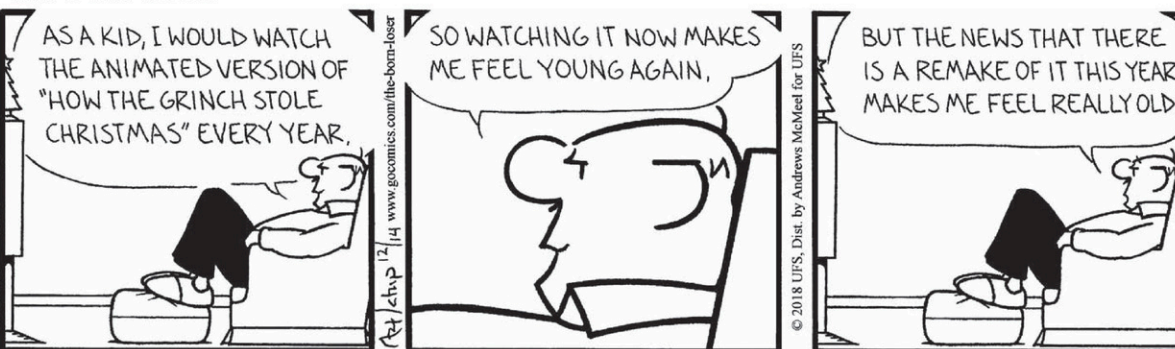
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



THATABABY



REALITY CHECK



HERMAN



“If I bought your burglar alarm, it would be the only thing in here worth stealing.”

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290 Articles For Sale 395 Home Improvement

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Datebook

FRIDAY, DECEMBER 14, 2018

Today is the 348th day of 2018 and the 84th day of autumn.

TODAY'S HISTORY: In 1799, George Washington died at Mount Vernon, his home in Virginia.

In 1819, Alabama was admitted as the 22nd U.S. state.

In 1911, explorer Roald Amundsen and his party became the first humans to reach the South Pole.

In 2001, after Hurricane Michelle devastated Cuba, a commercial shipment of food left the United States for the island nation for the first time since 1962.

In 2012, a 20-year-old gunman killed 26 people at Sandy Hook Elementary School in Newtown, Connecticut, before taking his own life.

TODAY'S BIRTHDAYS: James Doolittle (1896-1993), military aviator; Margaret Chase Smith (1897-1995), politician; Shirley Jackson (1916-1965), author; Don Hewitt (1922-2009), TV producer; Lee Remick (1935-1991), actress; Patty Duke (1946-

2016), actress; Bill Buckner (1949-), baseball player; Michael Moloney (1963-), interior designer; Vanessa Hudgens (1988-), actress.

TODAY'S FACT: Historians have estimated that physicians drained five to seven pints of blood from President George Washington in the day prior to his death, in an attempt to cure him.

TODAY'S SPORTS: In 1988, after losing the first 17 games of the season, the Miami Heat defeated the Los Angeles Clippers 89-88 for the franchise's first win.

TODAY'S QUOTE: "I speak as a Republican. I speak as a woman. I speak as a United States Senator. I speak as an American. I don't want to see the Republican Party ride to political victory on the four horsemen of calumny — fear, ignorance, bigotry and smear." — Margaret Chase Smith

TODAY'S NUMBER: 3 — points known as the South Pole: the ceremonial pole, the geographical pole and the magnetic pole.

TODAY'S MOON: Between new moon (Dec. 7) and first quarter moon (Dec. 15).

Employed but wanting to travel

Dear Annie

FRIDAY, DECEMBER 14, 2018



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275 Antiques

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Dear Annie: I have a full-time job, and I love it. However, I'm never happier than when I'm traveling. How do I make peace with the fact that I probably can't travel more than twice a year now that I work a 9-to-5? Is there some way I could travel more than that? My job is really important to me, but I don't want to stifle my biggest passion. — Wanderlust While Working

Dear Wanderlust While Working: It can seem like a mean paradox. When you have the time to travel, you don't have the money; when you have the money to travel, you don't have the time.

Really, though, there are plenty of ways to scratch your itch to travel while still working full time. Look into weekend trips that are driving distance from your town. Often, there are more amazing things than we realize just beyond our backyards. Plan ahead to maximize use of long weekends, and consider using vacation days to extend them. If you have been at your job for a while and feel that your boss knows you and your work ethic well, it's worth having a conversation with him or her about the possibility of sometimes working remotely (assuming that's doable with your type of work).

If you're offered a new job down the line, bring up vacation days during the salary negotiation. Sometimes companies will offer more paid time off in lieu of higher pay. The worst your boss can say is no. Whatever you do, don't lose that sense of adventure. It's good for the spirit.

Dear Annie: I am late coming to the conversation, but I came across your columns with the survey about whether people would have children if they had it to do over again. My husband and I have been married for 50 years, and we chose not to have children for a variety of reasons. I have often been asked when meeting someone new, "Do you have children?" I answer, "No, my husband and I chose not to have any. Tell me about yours." And then the conversation happily turns to the pleasure of their kids.

I phrase my comment so that no one is left wondering whether we tried and couldn't have them, we had one and something happened or some other situation prevented us from having children. What I have found amazing is the vast number of times someone responds to my comment with something like the following: "I love my children, and I'd be devastated if something happened to one of them. But if I had it all to do over again, I wouldn't have any" or "I'd only

have one (or two or three or whatever the case may be)."

I am the fourth of five children, and I suggested once to my mother that given the economic times, the work, the time constraints and the other difficulties five children bring, it might have been better if she had stopped with only three. A confused, amazed and questioning look came over her face, and she said, "But what would I have done without you?" I guess I was lucky. — No Kids, Thanks

Dear No Kids: Your way of responding when people ask whether you have children is stellar — a graceful way of directing the conversation. Plus, asking others more about themselves is a sure way to be an artful conversationalist in general.

Based on the results of the survey I conducted earlier this year, the majority of parents feel the way your mom did. It was sweet to read their joyous letters.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

NEA Crossword Puzzle

- ACROSS**
- 1 Rancid
 - 4 Classroom sound
 - 8 No problem
 - 12 Web address
 - 13 Sicily's erupter
 - 14 Princess Leia's brother
 - 15 "Norma —"
 - 16 Sullen
 - 17 Prepare for print
 - 18 Kenya's capital
 - 20 Skirt length
 - 21 Note before la
 - 22 Broods over
 - 24 Bldg. manager
 - 27 Playfully (2 wds.)
 - 29 Pal, in Dijon
 - 30 Last letter
 - 31 Uses a dirk
 - 35 Hobby knife (hyph.)
 - 37 Ugh!
 - 39 Tiny
 - 40 Viewpoint
- DOWN**
- 1 Not just mine
 - 2 Kukla's friend
 - 3 Tiny jumper
 - 4 Director Almodovar
 - 5 Cop's contact
 - 6 Rebuff
 - 7 Import tax

Answer to Previous Puzzle

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

- 8 Earth, wind or fire
- 9 Examine the books
- 10 Loses traction
- 11 Bigfoot cousin
- 19 Devotee
- 23 Twice-baked bread
- 24 Jazz instrument
- 25 "Pulp Fiction" name
- 26 Photo
- 28 Singer — Diamond
- 30 Sector
- 32 Overwhelm
- 33 Winged insect
- 34 Establish
- 36 Snitched
- 38 Primary
- 41 Dance wildly
- 42 Business deg.
- 43 Army doc
- 44 Battery post
- 46 Expunge
- 47 Gam or Rudner
- 49 "The Clan of the Cave Bear" author
- 50 Grant territory
- 51 Flair
- 55 Wabash loc.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
	18		19						20			
			21				22	23				
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	43	44					45	46				
47					48	49			50	51		
52					53				54			55
56					57				58			
59					60				61			

Your Birthday

SUNDAY, DECEMBER 16, 2018

Embrace the people and things you enjoy most, and make this a time to remember. Improving your personal life and making changes to your lifestyle or profession will open up a variety of opportunities. Seize the moment and live life fully.

SAGITTARIUS (Nov. 23-Dec. 21) — Host an event or decorate your place for upcoming festivities. Changes you make and time spent with loved ones will bring you the greatest joy of all.

CAPRICORN (Dec. 22-Jan. 19) — Be careful with whom you share family history. Have patience with loved ones, and listen to complaints carefully. The attention you offer others will result in you getting the respect and love you deserve.

AQUARIUS (Jan. 20-Feb. 19) — An idea will lead to an opportunity. Use your skills to turn something you enjoy doing into a moneymaking endeavor. Share your plans with someone who has something to contribute.

PISCES (Feb. 20-March 20) — Don't let someone else's behavior turn into your problem. Know when to walk away from an unsavory situation. Put your priorities in order and your needs first.

ARIES (March 21-April 19) — Personal matters can be taken care of. An adjustment to your finances will ensure that you get the tax break you deserve. An unexpected gift will take you by surprise.

TAURUS (April 20-May 20) — You'll

learn a lot if you spend time with someone who has insight into your family history. The information you receive will help you find a way to please a loved one.

GEMINI (May 21-June 20) — Look for a chance to do something nice for a loved one. A kind gesture will lead to a positive change in your relationship, which in turn will lead to an interesting opportunity.

CANCER (June 21-July 22) — A problem will arise if someone you are counting on falls behind or doesn't do his or her fair share. Don't initiate a change unless you know you can finish what you start.

LEO (July 23-Aug. 22) — Getting together with people you haven't seen in a while will be eye-opening and will give you some ideas that will help you make personal improvements.

VIRGO (Aug. 23-Sept. 22) — Do your best to get along at home. When dealing with joint money decisions, have cost-efficient alternatives ready to temper someone's lavish plans.

LIBRA (Sept. 23-Oct. 23) — You'll be caught in the middle of an impossible situation. Don't compromise any relationship. Try to stay neutral and keep the peace. Focus on learning and self-improvement.

SCORPIO (Oct. 24-Nov. 22) — You'll have a good idea that will turn into a welcome surprise for a loved one. A short trip, shopping extravaganza or romantic evening will make your day.

FRIDAY, DECEMBER 14, 2018

Should you be passive or active?

By Phillip Alder

Erica Jong nearly wrote, "A bridge column burrows into your life in a very profound way because the experience of reading is not passive." (She actually used the word "book.")

When you are on defense, you need to decide whether to be passive (sit back and wait for tricks to fall into your lap) or active (positively try to establish and cash winners). It is true that active tends to work better than passive, but not always. Also, if you decide to go passive, often you just play trumps.

Which applies in this deal? South gets to four hearts after North makes a splinter raise, showing four-card heart support, game-going values and a singleton (or void) in clubs. West leads the spade six. Declarer wins with dummy's king and plays a heart to his jack. What should happen now?

A 4-4 fit is a bit of an anachronism. Usually defenders lead trumps to try to stop ruffs in the shorter trump hand, but there is no shorter hand here. So, playing trumps against a 4-4 fit is very passive defense. Here, though, West should realize that it is best. If he leads back a trump at trick three, giving up on his initial plan to gain a spade ruff, he will defeat the contract. South will prob-

North		12-14-18	
♠	A K J 4		
♥	Q 9 5 2		
♦	A K 7 5		
♣	5		
West		East	
♠	6 5	♠	Q 9 7 3
♥	K 10 7 3	♥	6
♦	Q 10 2	♦	J 9 4 3
♣	A Q 8 6	♣	9 4 3 2
South			
♠	10 8 2		
♥	A J 8 4		
♦	8 6		
♣	K J 10 7		
Dealer: North			
Vulnerable: East-West			
South	West	North	East
		1♦	Pass
1♥	Pass	4♣	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ 6			

ably win on the board and play its club, but West takes that trick and leads another trump. Then the contract must fail.

Did you notice declarer's error? At trick two, he should have led dummy's club, planning to establish a club winner or two, or organize club ruffs in the dummy, or both. The curious may work it out.

Intergenerational Programs at Grace Village

Try explaining to a ninety-nine-year-old woman the younger generation's fascination with Deep-fried Mars bars, Selfies, and Instagram, and you have the perfect example of an "Intergenerational Knowledge Gap". Intergenerational programming is sometimes referred to as the Future of Aging Services, and nothing could be truer at Grace Village.

Over the past six months, the Recreation & Leisure team at Grace Village has worked with a planning team from Bishop's College School to develop an intergenerational program specifically tailored to their seniors and students. The overall objective is to provide an opportunity for a diverse group of participants to come together to share, learn, and engage with one another, while encouraging the maintenance of a holistic wellness lifestyle. These reciprocal interactions are geared to help encourage intergenerational learning opportunities, challenge the participants' notions of other age groups, and encourage community collaboration.

Over the semester the group has met bi-weekly and explored concepts of social wellness, spiritual wellness, intellectual wellness and physical wellness. Together the group has participated in a drum circle, therapeutic art activities, brain challenges and more. One of their favourite sessions was when the students shared about the various sports they are involved in, and then the resi-

dents had a chance to teach them a popular sport at Grace Village, Carpet Bowling! (And the residents won the tournament by ONE POINT!) To finish off the semester, the Grace Village residents enjoyed a wonderful Christmas concert by the BCS choir.

Throughout the sessions we have seen genuine connections forming, and both the students and the residents have developed a better understanding of each other.

The Recreation & Leisure team at Grace Village is working hard at establishing many different sources of Intergenerational Programming. They currently have learning connections with Champlain College's Nursing and Special Care Counselling programs, as well as students from Alexander Galt High School, New Horizons, and Bishop's University's Psychology program. Grace Village has also welcomed volunteers from the Bishop's University Psychology Club, Hope Community Church's Youth and Young Adults programs, and the Lennoxville Youth Center. They also enjoy frequent interactions with the students from neighbour École La Source.

The research is strong, and the future is bright for Intergenerational Programming - Grace Village is excited to be growing in such an important area!

*Submitted by Kristy Pyle
Recreation & Leisure Assistant*



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