



Clock changes in the night of Saturday to Sunday.

Before going to bed on Saturday night, don't forget to set your clocks back by one hour.

As well, it's also time to change your batteries in your smoke detectors.

This time change will give you an extra hour of sleep during the night of Saturday to Sunday November 3, 2019. However, sunset will be earlier in the evening across Quebec. Regions who follow this North American standard set back their clocks by one hour the first Sunday of November and clocks turn forward by one hour the second Sunday of March.

Your Argyle / St-Lambert User's Committee