



THE RECORD

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Townships blanketed in first major snowfall of the season

By Lawrence Belanger

After a few notable snowfalls in November and a few centimeters here and there since, residents across the Eastern Townships woke up to between 10-15cm of snow Thursday morning, and the snow was still coming down. Zhara Belendez, a resident of Lennoxville, brought her two kids to Lennoxville Elementary that afternoon to enjoy some sledding since school was cancelled by the Eastern Townships School Board.

"We started off in the morning at home," explained Belendez, but since they don't have a suitable hill for sledding in their back yard, she and the kids came to the LES playground. Francophone students in Sherbrooke missed out on a snow day, with schools run by the Centre de services scolaire de la Région-de-Sherbrooke staying open on the 26th.

"For the kids, snow is what really makes winter fun," said Belendez, whose kids were out for the second time that day in the snow. She acknowledges that for adults, winter can be less fun. Belendez gets up for work at 5 a.m. but doesn't necessarily find out about school closures for another hour or two. She said missing work wasn't too much of a problem, as she had available time off from her job. Since she and her family live within the walking zone of LES, it was an easy trip to make down the hill.



LAWRENCE BELANGER

Despite the appeal of the blanket of fresh, fluffy snow, not many other people seemed to be out enjoying the day. On a brief tour of Lennoxville, this reporter saw more people shoveling and plowing than sliding or enjoying other snow-related activities.

The snow tapered off by late afternoon, with a few more

centimetres predicted by Friday morning. Upwards of 20cms were dropped across the Townships, with localised accumulations potentially higher. Forecasts from weather.gc.ca and The Weather Network suggest that temperatures will drop in the coming days as polar air settles into southern Canada this weekend. Windchills will bring temperatures feeling even lower,

with weather.gc forecasting as low as -17 degrees Friday evening.

**Check out the
Babies of 2022
on pages 6 & 7
in today's The Outlet**



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Weather



TODAY:
FLURRIES

HIGH OF -4
LOW OF -8



SATURDAY:
CLOUDY

HIGH OF 1
LOW OF -8



SUNDAY:
SNOW

HIGH OF 0
LOW OF -10



MONDAY:
CLOUDY

HIGH OF -6
LOW OF -13



TUESDAY:
SNOW

HIGH OF -7
LOW OF -16

Magical forests, crocodiles and racial justice



GOOD READS LENNOXVILLE LIBRARY

Reviewed by Shanna Bernier

While visiting a friend, who also happens to be a Canadian author, my daughter Beatrice was gifted a book. Our friend told us that her friend “Larry” had written a book for 9 to 12-year-olds, and had asked her to pass it on, the next opportunity she got. We all agreed it was perfect, because the protagonist was also named Beatrice. The “Larry” in question is the award-winning author of masterpieces such as *Book of Negros* and *The Illegals*. Lawrence Hill did indeed publish his first novel for children in 2022, and *Beatrice and Croc Harry* is the book my daughter was tasked with reviewing.

After deciding that this book was a bit too dense for Bea to read independently, and because I was really intrigued and wanted to read it as well, we shared it together as a family, out loud.

Beatrice and Croc Harry is quite a dramatic (as described by Meredith, age 6) adventure story, about a young girl who wakes up in a treehouse in a magical forest with no memory of how she got there. She slowly unravels the complex mystery of her location: the enchanted bio-experimental forest of Argilia. To do so, she must communicate—and eventually form alliances with—unlikely members of the animal kingdom. Within the forest limits, they can all communicate across species. Meanwhile, she is having terrible nightmares about a giant breaking into her brain, having small flashes of memory of her life before the forest, and learning little bits of history and context about her

location. Her closest friends are a 700-pound king crocodile, a small and hyperactive rabbit, a spotted lemur and a fuzzy blue tarantula. As the story unravels, we learn about the complexities of the world Beatrice came from, a Queendom in the year 2090. The world has not rid itself of inequity, and there are fighting factions which threaten her ability to return home. After solving a series of clues, with the help of her animal companions, Beatrice must leave the safety of Argilia and journey back to the Queendom through dangerous territory.

I asked my Beatrice what her first impressions were of this novel, and here is what she said:

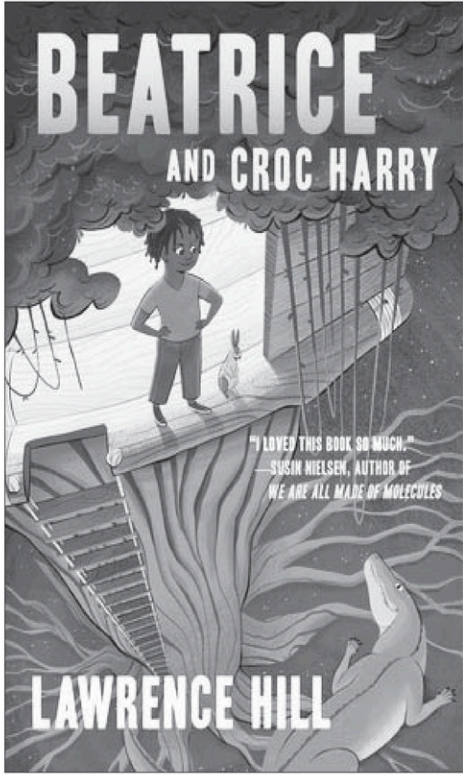
“I think all the characters are sweet. The whole book-world is easy to imagine, and sometimes I forget that we are reading, and I feel right there in the moment. I think *Beatrice and Croc Harry* has an important message about discrimination. We are shown Beatrice as a strong and confident girl, sure of herself even when being attacked.”

Lawrence Hill’s inspiration for this novel began with bedtime stories about a girl and a crocodile which he made up for his youngest child (the protagonist’s namesake), more than 15 years ago. Those characters and stories were waiting in his brain and heart to be woven into a more complex and meaningful story

Hill masterfully introduces us to the character of Beatrice in new ways throughout the book. The reader know she has brown skin, curly and unruly hair, but it isn’t until part of the way through the book that the concept of race, blackness and racial identity, division and prejudice are introduced.

“It became my goal to write in an exuberant, playful way about a subject close to my heart: the loss and rediscovery of identity, which is at the core of the historical experiences of peoples of the African Diaspora.”

It is amazing how this novel is at times hilarious and absurd, but also deeply poignant and troubling. Hill finds a way to balance the difficult and very real struggles that the characters face with humour and the fantastical magic of the setting.

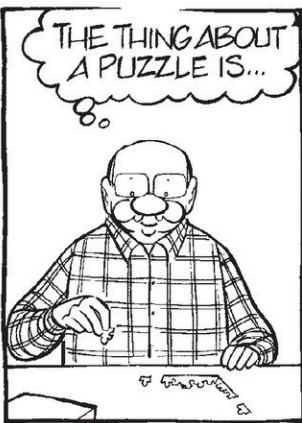
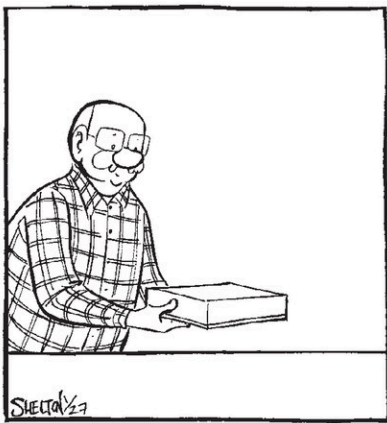


“I do feel that it’s really mandatory to let enough shafts of light in a story so that the child can feel uplifted by it and not beaten down by it. I don’t want to beat down any child. But do I want to flinch from real issues such as racism or the courage involved in confronting injustice? No. Do I want to help a child laugh and have some fun and dance through this story that has a painful bed underneath it? Yes.”

Another aspect of this book which instantly appealed to me is the exploration of words and language. In *Beatrice’s* treehouse she is equipped not only with the supplies to feed herself, but also with a library. Among her selection of books is a dictionary, which she frequently refers to in order to learn the meaning behind new words, especially ones introduced by the eloquent and illustrious communicator, Croc Harry. As we are a family of word lovers, we appreciated all the vocabulary enrichment that was woven into this complex and beautiful story.

If you are looking for a meaningful story with tremendous world building and delightful characters, do not hesitate to check out this excellent middle grade novel at the Lennoxville Library!

Ben by Daniel Shelton



Local News

The sources asked not to be identified as they were not authorized to publicly speak on the matter or share recordings of the meeting.

Postmedia to lay off 11 per cent of staff, sources say

By Tara Deschamps
The Canadian Press

Sources say newspaper publisher Postmedia Network Corp. is laying off 11 per cent of its editorial staff, less than a week after workers were told the company was grappling with “economic contraction.”

Postmedia, which owns publications including the Montreal Gazette, National Post, Vancouver Sun and Calgary Herald and employs about 650 journalists, announced the layoffs at a town hall Tuesday afternoon.

In an audio recording of the meeting obtained by The Canadian Press, Gerry Nott, acting senior vice-president of editorial content, said the cuts would impact all of the company's publications with the exception of Brunswick News and Postmedia Editorial Services, which have already been downsized.

“There isn't a property in our network that won't be affected by a restructuring, reorganization or layoff,” he said.

“And to be clear, this is about aligning our cost structure with our revenue stream against ongoing decline in our industry and strong economic headwinds leading up to this

difficult decision on staff reduction.”

Postmedia did not respond to a request for comment on the cuts.

The sources asked not to be identified as they were not authorized to publicly speak on the matter or share recordings of the meeting.

The job cuts come days after the company warned staff in a memo that an unspecified number of roles would be eliminated across Postmedia over the coming months through hiring restrictions and layoffs.

At the same time, it announced it was moving a dozen of its Alberta community newspapers to digital-only formats, eyeing more outsourcing deals for printing, laying off workers and selling the home of the Calgary Herald.

The company had also adjusted print deadlines in major markets, made changes to its comics and puzzles and eliminated publishing papers on some days, Nott said Tuesday.

“Had we not made those changes, the number of journalists affected by layoff would be considerably higher,” he said.

Nott added that the company had yet to identify specific jobs that will be cut and said it is possible that management positions will be affected

at a higher or disproportionate rate than non-management roles.

He expected to begin having conversations with editors carrying out the reductions in the next 24 hours and urged anyone feeling like they can't be part of the company's future to talk to union, human resources or editorial representatives about voluntary layoff packages.

Nott also revealed the company was going to move to remote work on a permanent basis, except for markets like Toronto, Vancouver and Montreal, which he said would return to the office.

He acknowledged the moves would create a “difficult time,” but said it was “vital” to find a path through this “extremely turbulent stretch.”

Staff were “totally demoralized and disillusioned” by Nott's announcement, said Martin O'Hanlon, president of CWA Canada, a union representing some Postmedia workers.

“I always think we've hit rock bottom, and then they always find a new bottom,” he said. “I just don't know how you can run a successful media company with this level of staffing.”

He added that the cuts only make the fight against disinformation and misinformation harder, are bad for

democracy and mean that “Postmedia is now treading water to survive.”

Newspaper conglomerates including Postmedia have long been struggling with dwindling print subscriber numbers, the rise of big tech companies that have eaten into media profits and more advertising moving online from print.

“The unassailable truth is that the print audience is going away, it's a demographic that's not being replaced by another readership audience who consumes news in the same way,” said Nott.

“It's clear that our advertisers have moved from print to digital. It's clear that in the digital space we're up against some behemoth that make it very competitive and very difficult for us.”

In recent years, Postmedia has coped by closing a number of small-town newspapers, reducing print production of some of its titles and resorting to layoffs and voluntary buyouts to manage costs.

Asked whether the Montreal Gazette or even Postmedia will exist in the coming years, Nott said, “I think there's every reason for hope and that we will exist three to five years from now.”

Ceremony for Quebec mosque attack to be held in prayer room where shooting occurred

The Canadian Press
By Sidhartha Banerjee

A commemoration planned for Sunday to mark the sixth anniversary of the Quebec City mosque shooting will be held for the first time inside the prayer room where six men were killed.

Mamadou Tanou Barry, Ibrahima Barry, Khaled Belkacemi, Abdelkrim Hassane, Azzeddine Soufiane and Aboubaker Thabti were gunned down shortly after evening prayers had ended at the Islamic Cultural Centre on Jan. 29, 2017.

Maryam Bessiri, a spokesperson for the citizens' committee organizing the event, said that holding the commemoration in the prayer room was an emotional and difficult decision, but an important one.

“For us, this return to the prayer room is very significant,” Bessiri said. “Together, we can honour the memory of the victims and reflect on the inclusive society we want to build.”

Five other men who were seriously injured and 35 other people who were present live with memories of the bloodshed.

Ahmed Cheddadi, a survivor of the mosque shooting, said showing openness must not fall solely on the Muslim community, but on Quebec society as a whole.

“I'm here because I really feel a responsibility to my brothers who fell right next to me,” said Cheddadi, who has been heavily involved with the survivors' association since the attack. “It is an event that we must never forget, and this responsibility must also be continuously shared by society.”

He said many things have improved since the attack, notably the creation by the federal government of the National Day of Remembrance of the Quebec City Mosque Attack and Action against Islamophobia. Ottawa also brought in gun laws in response to the 2017 rampage.

Mohamed Labidi, president of the mosque, said there was the “duty of memory towards the victims who fell in this mosque by the bullets of hatred” and the annual event is necessary to promote good relations.

He called on the Quebec government to do more.

Labidi said that while steps are being taken to foster inclusiveness and eliminate Islamophobia, legislation like Quebec's Bill 21 has the opposite effect. The province's secularism law bans the wearing of religious symbols such as hijabs, kippas and turbans by teachers, judges, police and other government employees deemed to be in positions of authority.

“It does a lot of harm to our community,” Labidi said. “Our brothers and sisters all feel targeted by this law, which violates our rights and freedoms.”

Labidi said he knows of about 50 people who have left Quebec City over the law, which was passed in June 2019. Cheddadi recounted a recent conversation with his teenage daughter, who asked if deciding to wear a hijab would cut short her dream of being a teacher.

“I told her, sadly my girl, you will lose it here in Quebec, but you have

a solution. You can go to Ontario or another province,” Cheddadi said.

This week, the mosque in the Quebec City borough of Ste-Foy is holding open houses in an effort to demystify the community to the local population.

In addition to politicians and other dignitaries, the anniversary event will hear from youth from the Quebec City mosque and young people from London, Ont., where in 2021 a Muslim family was run down in an alleged terrorism-related murder.

Bessiri said it is a way to ensure the continuity of the commemoration by involving younger generations and “ensuring that there will be a succession and to look to the future,” she said.

A Quebec City man who was 27 at the time of the attack pleaded guilty to the murders in 2018, with a judge later saying he was driven by a “visceral hate” of Muslims.

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ONE COLUMN, THREE VOICES

Open to the Spirit

Today's word: "Search"

By Revs Mead Baldwin,
Rabbi Boris Dolin, and
Rev. Carole Martignacco

1) The word Search is grammatically both noun and verb, like Love or Hope. We can choose to either objectify our longings as something out there for which we search, or access the agency within to manifest in ourselves what we long for. It's a choice between finding or being, looking beyond or looking within.

On my study wall I have a framed quote that reminds me often, "It is not the easy or convenient life for which I search — but life lived to the edge of all my possibility." (Mary Anne Radmacher-Hershey) It helps me remember that what I search for is right here, right now. Each day presents all I need in order to make meaning of my existence, if only I pay attention.

Life is often described, at least the examined life, as a search for meaning. My old poetry professor loved to tell about a student who always arrived late to class. One day as usual he barges in, and the prof announces with finality, "And THAT is the meaning of life!" I recall a student who, absent the day before, asked if she'd missed anything. What can you say? Life is about showing up.

Mythologist Joseph Campbell states it this way: "I don't think the meaning of

life is what we're seeking. I think (it's an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive."

What is it we search for — each one of us, or humanity as a whole? I think of actress Lily Tomlin, who decades ago did a one-woman show on Broadway entitled *The Search for Signs of Intelligent Life in the Universe*. Like all good comedy, moments of brilliant hilarity were also profound. These days we Earthlings keep turning our eyes toward outer space to reassure ourselves we're not alone in the universe. Meanwhile we become more and more estranged from each other. Perhaps we should expend more energy becoming what we're searching for. May we all find what we are searching for, and perhaps we'll find it in the most unexpected places, like divinity deep inside our own hearts.

2) I remember search games as a child. We played "Capture the Flag" at summer camp searching for the other team's flag in the woods and then stealing it to bring to our side.

We all grew up playing "Hide and Seek". In the board game, "Clue", we had to search for clues to solve the mystery. I enjoyed these. To this day, I spend lots of time searching. Most of this is in my house

looking for things I have placed somewhere and then forgotten about. I have a "room of requirements" upstairs where I have camp supplies and Hallowe'en things. I also have a kitchen junk drawer, but most of you readers also have one of these. Searching is a part of life.

The season of Epiphany begins with the Bible story about the search of the Magi for the baby king. In medieval times there was the search for the Holy Grail. As a young person I once searched for the "perfect" church, attending many different congregations until I found the one where I fit in most. In church life we have "search committees" who are given the task of finding a new minister. In ministry I remember searching in a rural area for one particular cemetery where I might have a committal service in a few days. These trips literally have taken me all over the map. There's nothing worse though, than leading a funeral processional to a cemetery and going to the wrong place.

These days a search often means a few moments on the Internet using Google. This can be easy, but can we always trust the information? Students use this practice instead of looking through books in a library. Personally, I prefer libraries.

In spiritual terms though, we thing mostly of searching for the meaning of life. Some people go on retreats. Others travel to distant places seeking one perfect place of inspiration. I treasure the searches I have made in my life. I think, though, that each journey is more important than finding the right answer. Reaching the destination is not as important as the time spent looking. What are you searching for?

3) When asked to describe my personal theology, I often describe it as more of a process, a search, than an unquestioning belief in something beyond me. There are days when I believe and hold onto a faith and a power that supports and guides me, and times when all I can do is question. Yet no matter what my life throws at me, I am always on a search for something that can help me make sense of my reality, whether it be a prayer or story, or maybe a conversation or idea that

helps me hold onto my faith.

We know that much of the time, searching for something is simply more exciting than the finding. Think of all of the games and activities that are built around this fact: hide and seek, word searches, Easter egg hunts, mystery novels. We thrive on the curiosity driven experiences of looking for clues and discovering new ideas, and they keep our interest more than having the easy answers.

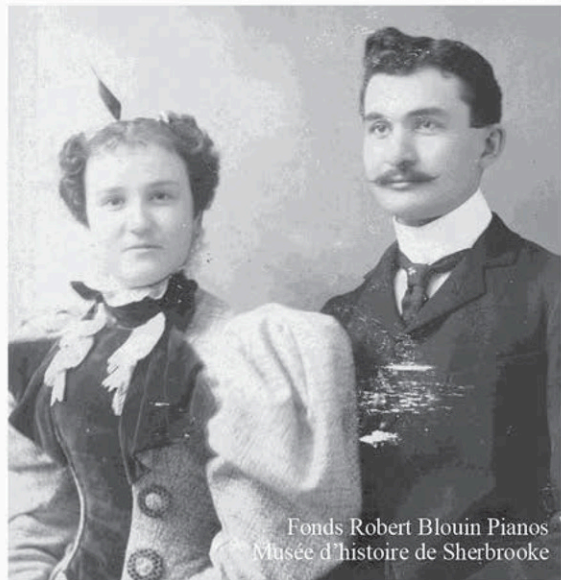
In the Talmud, the key Jewish text of ritual and tradition, much of the conversions that are recorded are about the search for answers, about the pleasure and spiritual power that the rabbis gain from the journey of figuring things out, not necessarily the final outcome. They may start off with a question or a problem, and they go on and on for pages and pages, asking more questions, going off on tangents, maybe telling a joke or a story, and then before you know it they move on to a new topic sometimes without answering the original question! It is a difficult text for those looking for answers, but it is quite fun for those who like the search.

I remember when one of my sons was smaller, and we were playing a game of hide and seek. Being young, I made sure when it was my turn, I didn't hide in too difficult of a place. Soon I was found, crouching behind a large green stump. My son pointed at me, started cracking up, and said, "I found you..now what?". I reminded him that we can keep the game going, keep having fun, if he takes a turn to hide too. The same is true with us. Life really is more rewarding when we are always on a search.

One word, "search" and three voices. So readers, what are you searching for in life?

Rev. Mead Baldwin pastors the Waterville and North Hatley Pastoral Charge; Rabbi Boris Dolin leads the Congregation Dorshei Emet in Montreal; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UUEstrie and now resides in St-Andrew's-By-The-Sea, but keeps one foot in the Townships by contributing to this column;

GLIMPSES OF THE PAST



Fonds Robert Blouin Pianos
Musée d'histoire de Sherbrooke

Did you know that Blouin Musique on King Ouest is a fourth-generation family business dating back to 1898? Arthur Blouin and his wife, Ernestine Boudreau Blouin are pictured here, on the occasion of their wedding in October 1896. He opened his piano store on Wellington in 1898, but soon moved to Bowen Street and then back to Wellington in 1909. He also opened a second location in the old Webster Cigar Factory building on Meadow Street, serving as a warehouse and boutique. Finally, in 1945, the business moved to King Ouest where it has been situated ever since. The business has passed through four generations of the Blouin family and offered many different goods and services throughout its long history.

WANT TO LEARN MORE?

Contact the Archives of the Sherbrooke History Museum (Mhist) to consult the Robert Blouin Pianos Inc. fonds (P457).

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“Celebrate Your Heritage” for Family Literacy Day

By Juliette Welch
Local Journalism Initiative

Across Canada, Jan. 27 is Family Literacy Day, an annual event designed to encourage family literacy-related activities. Poor literacy skills affect up to 48 per cent of Canadians, according to ABC Life Literacy Canada, with 17 per cent functioning at the lowest level. Locally, the Yamaska Literacy Council (YLC) is celebrating Family Literacy Day with an event in Waterloo on Jan. 27 and another on Jan. 28 in Stanbridge East.

Wendy Seys, the executive director of Yamaska Literacy Council, noted the issue greatly affects Quebec families, “One out of five adults in Quebec struggle with basic literacy,” she explained. The YLC’s stated mission

includes working with English-speaking adults and older youth to improve their literacy skills. Seys said the events work towards that goal.

While there are some projects available for children, the main activity at each location is focused on having youth and adults working together so both groups can improve their skills. That activity, a Storywalk, has families read together while following a walking path. Seys noted that while literacy events are often geared towards children, the Storywalk also involves adults who may also have literacy issues.

The Waterloo event will be indoors at 5403 rue Foster from 1 to 5 p.m. on Jan. 27. Stanbridge East follows the next day and, weather permitting, will be outside at the Community

Centre at 5 rue Academy from 1 to 4 p.m. At both locations an activity is included, and snacks will be provided. Children must be accompanied by an adult, and registration is required. Parents may register for the Waterloo event by calling Emilee Veluz at 450-204-2728 or by email at emileevaluz@yamaskliteracy.ca. To register for the Stanbridge East event, call Julie Guay at 450-272-6785 or email at julieguay@yamaskliteracy.ca.

The YLC has additional suggestions for Family Literacy Day. The theme this year is “Celebrate Your Heritage.” YLC suggests families visit their local library to ask about books on heritage, interview a family member about where they grew up, look up a recipe for a meal famous in a particular culture, or do research online into

the family trees of grandparents and relatives.

Seys said that as a non-profit organization based in Cowansville, YLC primarily serves the English-speakers of Brome-Missisquoi and Haute-Yamaska. She noted the organization works to strengthen literacy in many fields, from basic reading to activities such as using a computer or parsing important documents. In addition to the events, Seys said that YLC works year-long to increase public awareness of literacy issues. As a volunteer staffed organization, Seys said they are always welcoming new volunteers to be trained to help with the programs and events.

For more information the YLC website is <https://yamaskliteracy.ca>.

Uplands to feature watercolours exhibit and sale

Record Staff

until March 26.

Uplands Cultural and Heritage Centre’s art gallery will reopen its doors on Feb. 5, 2023, with a new exhibit featuring recent work produced by the group Les Aquarellistes du Lundi.

Guests are invited to come and meet the artists during a vernissage scheduled for Sunday, Feb. 5, 2023, between 2 p.m. and 4 p.m. Admission is free, and refreshments will be offered.

The exhibit and sale will continue

A passion for watercolour

“Les aquarellistes du lundi” (ADL) brings together around 15 artists from various artistic backgrounds who are passionate about painting with watercolour. These watercolour artists enjoy the medium for its transparent effect on different surfaces and for its technical challenge.

The group was created to allow members to paint in watercolour

in a friendly atmosphere, to share their knowledge and to acquire new techniques through courses and workshops.

Thanks to their passion, their professionalism, their dedication and their active participation, the members have built a creative environment to develop their artistic style. The creativity of the group members is expressed in a wide variety of styles, giving the ADL group a unique artistic identity.

This winter at Uplands

While visiting the “Aquarellistes du lundi” art exhibit, guests are also invited to explore the Uplands house! Free guided tours are offered every weekend!

More information is available on the website www.uplands.ca

Starting on Feb. 5, 2023, Uplands house and exhibits will be open from Thursday to Sunday, 10 a.m. to 4:30 p.m. The cultural and heritage centre is located at 9 Speid Street in Lennoxville.



Les aquarellistes du lundi

COURTESY ADL

EDITORIAL

The format of a My Take is 150 words – no more, no less – to express an opinion on a different topic each week. This week’s topic was layoffs.

My Take: By Gordon Lambie

Is it self-serving for a couple of reporters to publish their opinions on Postmedia cutting editorial jobs across the country? Sure. We absolutely have a personal stake in this, but just because we do, that doesn't mean our readers don't.

Layoff announcements among media have become regular events, but they shouldn't be considered normal or good.

Losing writers and editors paves the way for more general, less interesting, less accurate reporting as an increasingly small group of people scrambles to say all there is to say day after day. Lower quality news then leads to lower sales, which results in another push to cut costs.

Asking fewer people to pump out better work with fewer resources just isn't realistic or sustainable, and it feeds a deadly cycle.

Paying people is expensive, but what's the societal cost of putting newsrooms through a death by 1,000 cuts?

My Take: By Matthew McCully

The business world is a wild, unpredictable, and unforgiving beast.

And I feel sick to my stomach thinking about anyone living day to day, waiting for the hatchet to drop.

Keep in mind when you read about 12,000 layoffs here, 10 per cent of the workforce there, that these are people; some with families, some living paycheque to paycheque with no savings, and some who will be utterly defeated by the news that their livelihood has been pulled out from under them, unable to regroup or retrain.

Also, keep in mind that layoffs and major restructuring are most often pre-emptive measures to protect profit margins, not recoup deficits.

Executives at the heads of companies are more likely to get bonuses for the efficiency with which they cut “expenses” than they are to tighten their own belt buckles for the sake of someone else’s almighty dollar.

My Take:By Lawrence Belanger

With layoffs announced at 3M, Google, and Postmedia, job security is on peoples' minds. We're fortunate that in Quebec, federal and provincial regulations require between 1-2 weeks of advanced notice, which must be delivered in writing. As a relative newcomer to Canada, I can't say for certain what sort of impact this has on Canadian job security, but I can compare this to American employment, which follows the “at-will” model.

Most US States allow termination of work at any time by either party, for any reason, supposedly as long as it's not in violation of other laws like discrimination protections. Proponents claim this provides “freedom” for bosses and workers, but the employer has more money and resources at their disposal. An individual must seek work to feed & clothe themselves, while a business must strive to make money. These interests do not always align, hence layoffs.



Letters

Rodriguez/Flores family

On behalf of the Canadian Federation of University Women, Sherbrooke & District, I would like to thank everyone who was involved in supporting and advocating for the Rodriguez/Flores family during their 14 months in sanctuary. The support this family was given is a perfect example of how a community of various ethnic, linguistic, religious and cultural backgrounds can come together for a common cause. I would also like to thank the various politicians involved with this case as well as the mayor and council of the City of Sherbrooke for everything they have done to help the family. When I attended the celebratory pot luck lunch at Plymouth Trinity after the family were finally able to leave the church, I was so impressed by all the different community organizations that were represented...conversations taking place simultaneously in French, English and Spanish!!! I thought to myself this is what our society is all about! When we all work together we can accomplish great things.

Bravo to all those involved!

RESPECTFULLY SUBMITTED,
JANET WATSON, CHAIR,
ADVOCACY COMMITTEE
CFUW SHERBROOKE & DISTRICT

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

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RECORD

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C COLUMNIST

A good fit is critical for your dog's comfort, although it can be challenging to find just the right size; every manufacturer's sizing varies slightly.

No winter woes: How to dress your dog for success



MARY MACLACHLAN CPDT-KA
CERTIFIED PROFESSIONAL
DOG TRAINER
PARAGON POOCH PET SERVICES

Quebec winters have a history of being long and cold. Some dogs love the snow and cold temperatures while others prefer to pass the winter months lounging by the fire. Winter conditions present challenges to many dogs, but by following a few precautions, tips and tricks, you can help your dog kick the winter blues and have fun in the snow.

Pamper those paws

A dog's paws are on the frontline for the worst that winter has to offer. It's important to ensure your pup's paws are well cared for and protected against the harsh winter conditions.

Nail trimming

Regular running on hard surfaces is usually not sufficient in keeping dogs' nails worn to a suitable length. No matter where you live, no matter what weather or surfaces your dogs are exposed to, regular nail trimming is vital to healthy paws. Long, neglected nails are more likely to break or split in winter conditions with frozen ground or hard, slippery ice. A broken nail is

a lame dog for a week or two. When nails grow too long, they also affect the weight bearing areas and angle of the dog's joints and can cause joint pain and injury.

Trim hair between pads

Medium and long-haired dogs are often plagued by snow balling up in their feet and causing discomfort. They need to have the hair between their paw pads and toes kept short. This prevents the formation of snow and ice balls that can cause painful bruising and injury to tendons.

Apply protective foot balm

Salt and chemical de-icers on sidewalks are great for reducing slips, but can cause paws to become irritated, and some can be dangerous if ingested. Applying a balm to paws such as Musher's Secret prior to heading outdoors provides a nice buffer between the paw pads and the treated walkways. If you regularly walk your dog on streets and sidewalks, paw protection is a must.

Boots

There comes a time when winter conditions will make boots your dog's best friends. Dogs have varying sensitivity to cold, but by -23°C, you start to see all dogs holding up paws, sometimes trying to simultaneously lift three or four paws off the cold surface. Older dogs, especially, don't thermoregulate as well and their feet become increasingly sensitive to cold. Boots can make a huge difference for them, allowing them to comfortably get out and enjoy winter. However, if your dog has never worn boots and you suddenly toss them on, prepare for a high-stepping protest march complete with bucking and kicking. I'm sure you've seen some funny videos of this initiation ritual on social media! You'll



HANNAH PHONG

have to spend some time introducing them to your dog. Putting the boots on and then doing something fun right away distracts them from this new, very awkward accessory. Several short sessions will help your dog ease into wearing boots happily.

A good fit is critical for your dog's comfort, although it can be challenging to find just the right size; every manufacturer's sizing varies slightly. When in doubt, order products in the two closest sizes and try them on indoors at home. Don't try to make do with a close fit; you'll just end up hurting your dog and souring him to the whole experience of wearing any boots.

Look for these qualities when shopping for boots for your dog:

- **Durability.** Look for quality material and construction without excessive bulk.
- **Flexibility and comfort.** Dog boots need to be supple and flexible, especially at the dogs' wrists and ankles. Dismiss the ones that are stiff throughout, rising high on the leg, with a lot of straps to keep the boot in place, which can hinder movement and do more damage to a foot than the elements!
- **Good workmanship.** Seams, zippers, and patches of hook-and-loop material (such as Velcro) should be minimal, and nothing should feel rough on the inside of the boot. Anything that protrudes on the inside of the boot can cause sores on the dog's foot or leg.
- **Visibility.** The brighter the boots, the more likely you will find them after your dog manages to lose one or more.

Once your dog is accustomed to their boots, you need to stay alert to any sign of discomfort. If a boot slips or twists, it won't take long for an errant seam to rub a paw raw. Check the fit periodically when you're out to make sure your dog's paws are comfortable.

When a fur coat is not enough

A healthy, adult, thick-coated dog

may not need any extra insulation. Puppies, short-haired dogs and older dogs, however, may need the extra help of a winter coat to keep them warm. Certainly if you notice your dog shivering when they are outside, they are telling you they are cold and need some extra layers of insulation.

When shopping for winter wear for your dog, consider how active your dog will be outdoors and what garment shape, design, and fabric weight will work best. Washable blends of wool or polyester fleece are popular because they're comfortable for most dogs and easy to care for. Choose a coat for comfort and protection from wet and cold, not for fashion. Make sure the coat is a good fit for the size and shape of your dog.

With your dog standing still with their head up, measure:

- Neck circumference, as for a collar
- From the collar down the spine to the base of the tail
- Around the chest directly behind the front legs

Compare measurements to the manufacturer's size chart. Some sellers list sizes based on your dog's breed which sometimes isn't very accurate.

It's important for your dog to get out to enjoy the outdoors as much as possible in all seasons for their health and well-being. Consider your dog's comfort and protection when deciding on how to dress them. Remember, there's no such thing as bad weather, only bad clothing.

Do you have questions or comments regarding dog behaviour or training? Are there topics you would like me to discuss in future articles? Feel free to contact me at: mary@paragonpooch.com

Mary MacLachlan is a certified professional dog trainer living in Sherbrooke and is the proud owner of Paragon Pooch Pet Services. She is dedicated to helping dogs and their human companions build stronger relationships based on clear communication, trust and play.

Tillotson grants deadline fast approaching

Record Staff

Members of the Tillotson Foundation would like to remind readers that the application deadline for the Spring 2023 grants is coming up soon.

"If you work with a non-profit organization that needs funding, Tillotson Foundation wants to help," a press release from the organization reads. "Tillotson Foundation donates over \$100,000.00 twice a year, in spring and fall."

Application deadline for Spring donations is March 15, 2023.

Funding is available for basic needs and community safety nets, Health care, education, youth recreation, as well as programs and services for the elderly.

The application is short and easy.

Guidelines and applications can be downloaded from MRC Coaticook website under the following tabs:

- Votre MRC
- Fonds et Programmes
- Developpement des communautes
- Fonds Tillotson

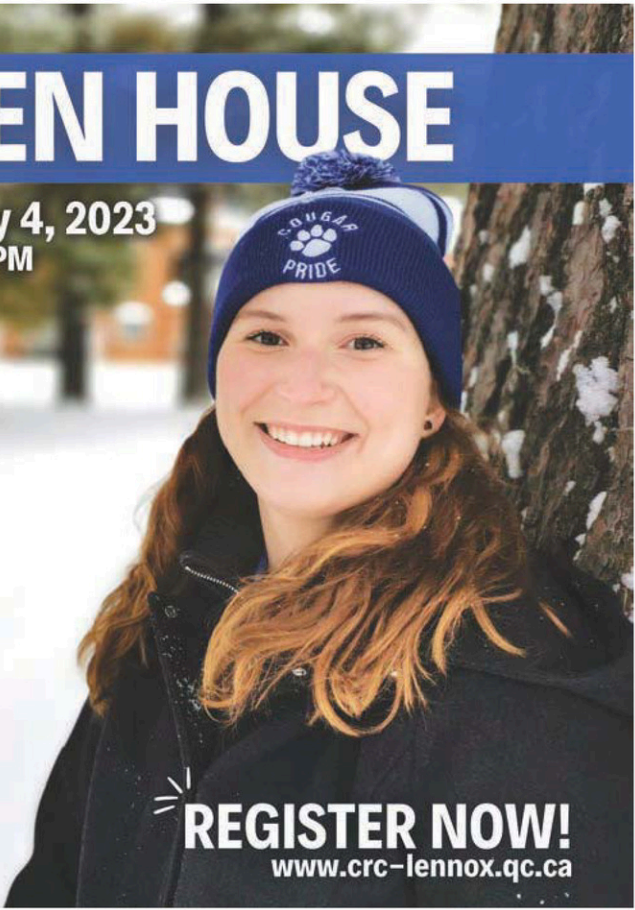
For more information, email tillotsoncoaticook@gmail.com

Applications can also be mailed to: Tillotson Coaticook Regional Fund 294 Saint-Jacques Nord Coaticook, QC J1A 2R3 Applications must be received by March 15, 2023.

For more information call Mike Everett 819-821-1501.

OPEN HOUSE

February 4, 2023
10 AM – 2 PM



50th Anniversary
Champlain
COLLEGE-LENNOXVILLE

REGISTER NOW!
www.crc-lennox.qc.ca

What's On

January 28

Dance at the Sawyerville Church on Saturday, January 28 from 7 p.m. to 11 p.m. Music by the Country Swingers. Admission \$10. All welcome.

January 28, February 4, & 11

The Brome County Historical Society is pleased to announce the return of the Marion L. Phelps Memorial Lectures, prepared, and presented by Jimmy Manson. The three-lecture series (previously presented) is titled: "Heartbreak and Hope: An Intimate Examination of the Lives of Selected Townshippers during the last half of the 19th century" The lectures will be given on January 28, February 4 & 11, 2023 at the Centre Lac-Brome, 270 rue Victoria, Knowlton. Lectures begin at 1:00 and refreshments will be served at intermission. Admission by donation (suggested \$10 per attendee). For more information visit lacbromemuseum.ca or call 450-243- 6782.

February 4

St. Patrick's Catholic Church, 20 Gordon St., Sherbrooke invites you to their Valentine's Dinner and Dance on

February 4

Mass at 4:30 p.m. Dinner at 5:30 p.m. \$20/person (8 and under free). DJ, door prizes, snacks. Non-alcoholic beverages will be served/ BYOB. To reserve your tickets, please contact Sylvie at 819-446-1138 (after 6 p.m.).

February 4

Chase Away the Winter Blues. Come for an evening of music and entertainment with community members, followed by refreshments. Adults \$8, children 7-12 \$3, 6 years and under free. Lennoxville United Church, 6 Church Street, Lennoxville, Saturday, February 4, 7 p.m. Doors open 6.30 p.m. Our 10th show! All are welcome.

February 4

The RLS La Pommeraiie Users Committee will be having their annual general meeting on Saturday, February 4 at the Canadian Legion in Cowansville. A free Conference-Breakfast is offered with guest speakers from the Alzheimer Society also the person responsible for volunteers at the CIUSSS-CHUS will be speaking. Everyone is welcome!

CIUSSS de l'Estrée – CHUS GOES ON THE ROAD!

Come and discuss health and social services with Stéphane Tremblay, CEO of CIUSSS de l'Estrée – CHUS.

We want to hear your ideas and thoughts, while taking the opportunity to answer your questions.

We look forward to seeing you on **February 1 at 7:00 p.m.** in **Room 302-303** at the **Amédée-Beaudoin Community Centre**, located at 10 Samuel-Gratham Street in Sherbrooke.

NO REGISTRATION IS REQUIRED.

For more information, visit santeestrie.qc.ca/assembleescitoyennes.

Centre intégré universitaire de santé et de services sociaux de l'Estrée – Centre hospitalier universitaire de Sherbrooke

Québec

CHECK OUT OUR FREE ZOOM WORKSHOPS IN ENGLISH

08 Feb

7:00 PM to 8:30 PM

Caretaking: Exploring the Difference Between Caretaking and Kindness

with Melissa Hindley
M.A, c.o, psychotherapist

15 Feb

7:00 PM to 8:30 PM

Caretaking Part 2: How to get out of the Caretaking Triangle

with Melissa Hindley
M.A, c.o, psychotherapist

22 Feb

6:00 PM to 7:30 PM

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment

with Dr. Xavier Amador
psychologist, author

February Events

For more information or to register:
819-565-2388
outreach@mentalhealthestrie.com

Mental Health Estrie

Secrétariat aux relations avec les Québécois d'expression anglaise

Québec

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Community Services Recovery Fund



Canadian
Red Cross



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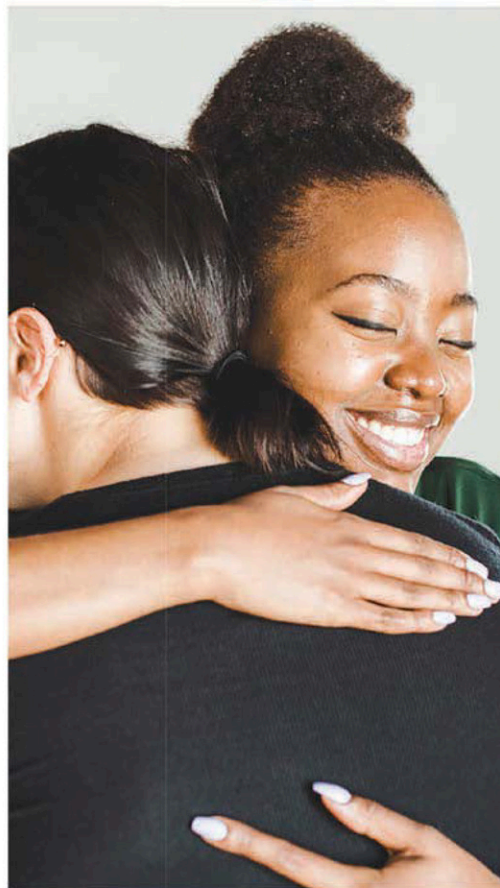
Centraide
Estrie

Community Service Organizations:

Apply before
February 21, 2023



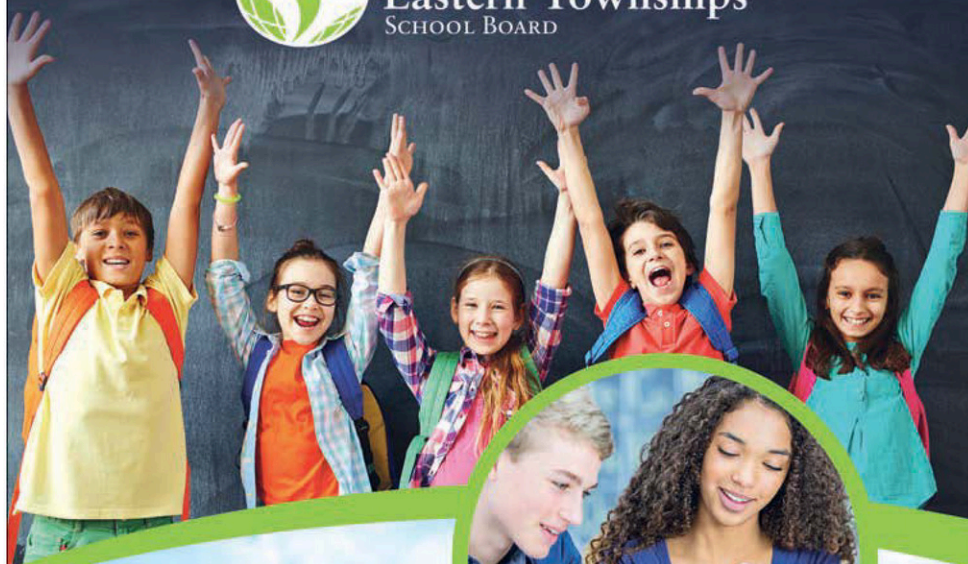
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For more information,
visit: <https://www.centraideestrie.com/fonds-covid19/>



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hospitalier universitaire
de Sherbrooke

Québec

Obituaries

Death



Lynn Weston BENNETT
Sunday, June 28, 1936 - Friday, January 20, 2023

Lynn Weston Bennett, 86, of Ottawa, Ontario, passed away on January 20, 2023. Born in Maple Grove, Quebec, he was the son of the late Hubert and Martha (Amadon) Bennett. After graduating with a Bachelor of Science from Bishop's University in 1955, Lynn worked at Bell Canada for over 34 years, where he was instrumental in the planning of the first Telecom Canada fibre optic route. Lynn enjoyed spending time with his family and friends, fishing and camping in Prince Edward Island, and working in his basement woodshop.

Lynn was predeceased by his beloved wife Ethel Ruby (nee Davis) in 1997, and survived by his three daughters Joan, Jean and Cathy (Andre Couture). He was the beloved Poppy to Katie, Logan, Thea (Michael Powers), David and Michael, and great-grandfather to Leona. He was the dear brother of Beverley (Milton Loomis) and the late Marlyn (Bill Christie), as well as an uncle, great-uncle, cousin and friend to many.

A celebration of Lynn's life will be held at Epiphany Anglican Church, 1290 Ogilvie Road, Ottawa, Ontario on Friday, March 24, 2023 at 1 p.m. In lieu of flowers, donations may be made to the Fragile X Research Foundation of Canada.

Death

Death

Death



Allen Arthur SIMONS
May 2, 1934 - January 11, 2023

Allen's work on earth was done and he passed on, in peace and comfort, on January 11, 2023 surrounded by his immediate family.

He was warmly welcomed for his final nine days at Ian Anderson House Hospice in Oakville, Ontario, following nine months of collaborative family and community-based care. His family is eternally grateful to the many angelic caregivers they worked so closely with since April. Allen leaves behind his "one and only" Beverly after more than 65 years together. He was a loving and protective father to Patricia (Mark), David (Connie), Wendy (John), and devoted grandfather to Samantha, Alexandra, Steven, Ashley and Kevin. Born and raised in Thetford Mines, Quebec, a loving son of Gordon and Margaret (nee McHarg), he was predeceased by his parents, sister Erma, brothers Merrill, Wayne and close in-laws Helen and Lloyd Beattie.

Allen was a natural athlete, an environmentalist, and a selfless friend to all who knew him. He shared his love of animals of all kinds, the outdoors and sports with his family and friends.

His strong work ethic fostered a successful career in sales and management, and he was rewarded with loyalty from clients, colleagues, employees and employers. He found great joy in being highly productive and the synergy of working well with others. He led quietly by example, and always with a kind heart. A generous, caring and devoted family man, he loved poetry, music, singing and public speaking. He taught his children to respect everyone equally, regardless of their status in life. Allen's ready smile, easy laugh and gentle, happy disposition will be greatly missed. He will remain forever in the hearts, memories and daily conversations of his family.

Always with us.

His family requests that in lieu of flowers, donations may be made to the Ian Anderson House Hospice, in Allen's memory. A summer "celebration of life" will be held for Allen in an Oakville park.

Death

Death



William Scott MACLEAN

May 3, 1951 - December 19, 2022

Scott passed away following a brief illness at the age of 72 at the Maison Aube Lumière in Sherbrooke. Brother of Bob MacLean (Lethbridge, AB) and Wendy MacLean Pellerin (Sherbrooke, QC). Son of Donald MacLean and Rose Deagle. A ceremony will be held in the Spring.

Gerald P. SMITH
1950 - 2022

Suddenly in Ottawa, over the Christmas holiday period, Gerry, originally from Richmond Quebec, beloved son of the late Harold and Juliette (Gagne).

Dear brother of Charles (Carole), Bill (Debby) and Jim (Annette) of Australia. Also mourning his loss are his community of friends and former colleagues in Ottawa.

A graveside service will be held in spring in Richmond and a celebration of life in Ottawa. Dates to be decided.

OBITUARIES

January 23 - 27, 2023

Margaret (nee McIntyre) BEAUREGARD - January 16, 2023

Lynn Weston BENNETT - January 20, 2023

Craig LADD - January 12, 2023

William Scott MACLEAN - December 19, 2022

Don PATERSON - January 19, 2023

Susan Spalding SAMPLE - January 11, 2023

Allen Arthur SIMONS - January 11, 2023

Gerald P. SMITH - 1950 - 2022

Continued on page 11



Fondation de Soins **VILLAGE GRACE**
GRACE VILLAGE Care Foundation

The mission of the Grace Village Care Foundation is to support the compassionate care of the elderly through the provision of charitable funds to Massawippi Retirement Communities (Grace Village).

To donate or for information:
Emma Muisse
Foundation Coordinator
Tel: (819) 569-0546 x5033
Grace Village Care Foundation
1515 Pleasant View St.
Sherbrooke, QC, J1M 0C6
gvfoundation@masscom.ca

In Memoriams

BABBIN, Ralph Jr. (Bud): 1963 – 2020. In loving memory of a dear son, brother and uncle.

He would have been 60 years old on January 13.

He is now with his brother, grampa & gramma, and dad.

May they all be at peace!

Lovingly remembered by

**ERNESTINE WHIPPLE
AND FAMILY**

NEIL, Margaret (Brown) – January 29, 2016.

The years we were together,

Before you were called away

To do the Lord's work,

We were able to create some fond memories,

With these memories

I have been able to carry on

Until we meet again.

Gone, but not forgotten.

SAM

Card of Thanks

POWELL



Many, many thanks for my 80th!

It was a most memorable party-
One I'll never forget;
It brought so many people together;
I'm so thankful for each one I met.

Everything about it was wonderful,
The music, the dance and the food,
The cards, the gifts and the wishes-
Everything was just so good!

Thanks for making my day so
special
For each one who helped make it
just so
I have truly been blessed beyond
measure
How much it all meant you can't
know.

With love and gratitude.
JOAN

Do just one thing



by Danny Seo

To prevent clogs and deodorize sink drains, look no further than a box of regular salt. Pour 1/2 cup salt (coarse salt works best) down the drain and then pour a tea kettle of very hot water after it. The salt will act as a corrosive to scrub the drain walls, and the hot water will help flush clogs down the drain while dissolving the salt. This process also naturally deodorizes, so any foul odors will be neutralized, leaving your drain clean and smelling fresher.

Whether you choose organic or conventional, when you buy produce from the supermarket, you still need to use common sense. Look for produce that is not bruised, moldy, slimy or sick-looking. Smell it: If it smells bad, leave it behind. Produce that has been misted with water from automatic sprayer systems can also be full of bacteria, especially if your supermarket recycles water (many stores do). Wash and dry your produce before eating to remove any traces of germs, mold or bacteria. And most important: Pack your produce and meats in different bags to avoid cross-contamination.

Church Services

Presbyterian

LENNOXVILLE

"Light of the World, light of the Word" We continue to look at the Sermon on the Mount. You are warmly welcome to worship with us at St. Andrew's on Sunday at 10:30 am. To watch online go to the YouTube website and search "St. Andrew's Lennoxville" and click on the picture of our church for online services.

The Word of Grace radio broadcast can be heard each Sunday morning on the community station CJMQ – 88.9 at 8:30 am. It can be accessed at any time at www.cjmq.fm.

United

**AYER'S CLIFF- MAGOG-
GEORGEVILLE PASTORAL CHARGE**

All are welcome to join our Sunday morning worship services in person or on zoom. Beulah United Church in Ayer's Cliff at 9:15 a.m. and St. Paul's United Church in Magog at 11:15 a.m. If you would like more information, call Sue Young 819-578-8851. Our minister, Rev. Angelika Piché, can be reached at apiche.pasteure@gmail.com (Wednesday to Sunday). <https://amgunited.wixsite.com/amgunited>

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church, welcomes you to worship on January 29 at 10 a.m. Worship leader will be Bruce Gilbert. All are welcome. Chase Away the Winter Blues show is back this year at the church, on Saturday, February 4 at 7 p.m. \$8 for adults, \$3 for children 5-12. Come for an evening of fun and entertainment, followed by refreshments afterwards. This is our 10th show! All are welcome.

RICHMOND

Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, will be having a Sunday service on January 29 at 10:30 am. Rev. Scott Patton will be leading this worship service. Everyone is welcome!

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 380 Dufferin in Sherbrooke, 819-346-6373 and www.plymouthtrinitychurch.org, invites one and all to join us in person in our sanctuary at 10:45 a.m. on Sunday, January 29; there will be children's church! We also extend a special welcome to guest speaker Wahiba Khiari, as we mark the Day of Remembrance of the Québec City Mosque Attack and Action against Islamophobia. You can also connect by telephone or the internet via Zoom. Check the website, or call, for details. Joignez-vous à nous dans le sanctuaire à 10h45 le dimanche, 22 janvier; ou par Zoom! Téléphonez-nous ou consultez notre site web pour les détails. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

Date Book

FRIDAY, JANUARY 27, 2023

Today is the 27th day of 2023 and the 38th day of winter.

TODAY'S HISTORY: In 1924, the body of Vladimir Lenin was placed in a tomb in Moscow's Red Square.

In 1944, the German siege of Leningrad ended after 872 days.

In 1945, Soviet forces liberated the Auschwitz concentration camp in German-occupied Poland. In 1967, astronauts Gus Grissom, Edward H. White II and Roger B. Chaffee died in a cabin fire during a launchpad test of the Apollo 1 command module.

In 1973, the Vietnam peace accords were signed in Paris by delegations representing the United States, North Vietnam, South Vietnam and the Viet Cong.

TODAY'S BIRTHDAYS: Wolfgang Amadeus Mozart (1756-1791), composer; Lewis Carroll (1832-1898), writer; Donna Reed (1921-1986), actress; Mordecai Richler (1931-2001), author; James Cromwell (1940-), actor; Mikhail Baryshnikov (1948-), dancer; John G. Roberts Jr. (1955-), chief justice of the United States; Cris Collinsworth (1959-

), football player/sportscaster; Keith Olbermann (1959-), TV personality; Bridget Fonda (1964-), actress; Alan Cumming (1965-), actor; Patton Oswalt (1969-), actor/comedian.

TODAY'S FACT: The U.S. Supreme Court decided 66 cases during the 2021-2022 term.

TODAY'S SPORTS: In 1991, the New York Giants won Super Bowl XXV, defeating the Buffalo Bills 20-19 when Bills kicker Scott Norwood's 47-yard field goal attempt in the final seconds sailed wide right. The loss was the first of four consecutive Super Bowl losses for the Bills.

TODAY'S QUOTE: "If everybody minded their own business, the world would go round a deal faster than it does." – Lewis Carroll, "Alice in Wonderland"

TODAY'S NUMBER: 103.8 million – estimated population of Vietnam in mid-2022.

TODAY'S MOON: Between new moon (Jan. 21) and first quarter moon (Jan. 28).

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the bathroom.

R H W S E O

--	--	--	--	--	--

Answer: Shower

SUDOKU

DIFFICULTY RATING:☆☆☆☆☆

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

1/27

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

- ACROSS
- 1 Electrical unit

5 Paramount rival

8 Court ritual

12 Lab culture medium

13 Item in a poker pot

14 Fix

15 Garr or Hatcher

16 Worthless coin

17 Squad

18 Roof overhangs

20 Powdery

22 Tarzan player

23 Vase with a foot

24 Trial balloons

27 Serving bowl

30 Freud, to himself

31 — Enterprise

32 Hawaii’s Mauna —

34 Meyers of “Kate & Allie”

35 1980 Turner launch

37 Cosmonaut’s station
- 38 Reunion attendees

40 Kind of squash

42 Snaky fish

43 Grand Teton st.

44 Plays a round

46 Get acclimated

49 Obi-Wan, for one

50 Electrical unit

52 Trust

54 Unknown auth.

55 Short snooze

56 Mall event

57 “The Way We —”

58 Reserved

59 Panache
- DOWN
- 1 Huge container

2 Type of arch

3 Super-man’s mom

4 Hot dish holder

5 Young girl

6 Yucky stuff

7 Oahu attire

8 Gasoline rating

Answer to Previous Puzzle

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

- 9 “The Mammoth Hunters” author

10 Room service item

11 Do a sewing chore

19 Ernie of the PGA

21 Gets it wrong

24 Argentinian aunt

25 Linen color

26 Climb a rope

27 Large wine casks

28 A Muppet

29 Roulette color

33 Prince Valiant’s son
- 35 Musical symbol

36 Wrestling holds

39 Ms. Dion

40 Novelist — Rand

41 Curriculum component

43 Weak and ineffectual

44 Trait determinant

45 Nose stimulus

47 Sincere

48 Miss Cinders of the comics

49 Facial feature

51 Sarcastic retort

53 Kyoto cash

1	2	3	4		5	6	7		8	9	10	11
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57					58				59			

1-27

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Your Birthday

FRIDAY, JANUARY 27, 2023

Make your money work for you this year. Invest in something that provides tax benefits. Make upgrades to your home that will motivate you to spend less on travel and expensive entertainment. Being a good listener and observer will play in your favor when someone tries to make a questionable change.

AQUARIUS (Jan. 20-Feb. 19) – Keep your intentions and feelings to yourself. Don't jump from one thing to another. Being consistent and passionate about what you want to accomplish will make it easier to get things done.

PISCES (Feb. 20-March 20) – You'll have to read between the lines if you want to know what will happen next. Don't expect others to be upfront or accommodating. Look out for your interests and do your own thing.

ARIES (March 21-April 19) – Size up situations and review what others want from you. If you have a plan, you'll find it easier to take care of business and have ample time to enjoy friends or family.

TAURUS (April 20-May 20) – Haste makes waste; rushing around will result in mistakes, misunderstandings and misfortunes. Pay attention to the way you present your ideas to others. Delegate responsibilities wisely.

GEMINI (May 21-June 20) – Look for opportunities. Reconnect with people you enjoy working with and you'll learn something valuable. Your hard work will pay off, but don't let it debilitate you. Know when to take a break.

CANCER (June 21-July 22) – You'll make headway if you follow your heart

and do what matters to you most. Practice makes perfect; hone your skills and display your accomplishments. Work to make a positive change.

LEO (July 23-Aug. 22) – Treat money and shared expenses responsibly. Decline to get involved in joint ventures. Pay only for what you want, and be blatant regarding money matters and someone's overindulgence.

VIRGO (Aug. 23-Sept. 22) – Make unique plans for two. A getaway will bring you and a loved one closer together and give you time to map your goals. Don't neglect your work responsibilities.

LIBRA (Sept. 23-Oct. 23) – Speed things up and leave nothing incomplete. An opening you've been waiting for will unfold, but you'll have to act fast, or someone will snatch what rightfully belongs to you.

SCORPIO (Oct. 24-Nov. 22) – Speak up, find out where you stand and clarify your objective. Dealing with people who don't share your opinion will involve compromise. Know what you are willing to give up.

SAGITTARIUS (Nov. 23-Dec. 21) – You may feel competent, but someone's waiting for you to slip up. Be ready to defend your beliefs and plans, regardless of what or who tries to intervene.

CAPRICORN (Dec. 22-Jan. 19) – Don't expect to fly under the radar if you do things differently. Someone will question what you are doing. Be prepared to use charm and persuasive tactics to win acceptance. Maintain momentum.

SATURDAY, JANUARY 21, 2023

Take pride in what you do. Don't feel you must keep up or change to fit in. Put your energy into your home, family and comfort. Avoid situations that put you at risk or people who take advantage of you. Learn all you can from the experts, but when it comes time to act on your plans, make the arrangements yourself.

AQUARIUS (Jan. 20-Feb. 19) – Keep busy with home improvements, domestic issues and physical fitness. Refuse to let what others do or say get to you. Look for an opportunity to use your skills in new and exciting ways.

PISCES (Feb. 20-March 20) – Get your facts straight before you share information. Speak from the heart and adjust your timetable to help you get things done. Leave time to chill late in the day with someone you love.

ARIES (March 21-April 19) – Don't discard ideas and concepts that you've been mulling over for some time. Make some updates, and you'll find a way to incorporate something you like to do into your activity.

TAURUS (April 20-May 20) – Keep an open mind and give others the freedom to do as they please. The more accommodating you are, the more you will get in return. Use intelligence and charisma to get the response you want.

GEMINI (May 21-June 20) – Gather information, but don't be too eager to share your findings prematurely. Work through your options from beginning to end, and you'll figure out how to get things done without making a fuss.

CANCER (June 21-July 22) – You'll receive advice, but it probably won't

keep you from overreacting. Doing something that requires precision, stamina and insight will help you make a difference.

LEO (July 23-Aug. 22) – Helping others is admirable, but you must do so for the right reasons. Your enthusiasm will be welcome, but it will also tempt others to take advantage of you. Don't let mixed emotions cost you.

VIRGO (Aug. 23-Sept. 22) – A change of plans will play in your favor. Open a dialogue with an expert or coordinator regarding something that interests you, and you'll discover something that you want to pursue.

LIBRA (Sept. 23-Oct. 23) – You'll receive mixed signals from someone close to you. Address issues involving your lifestyle or home before it's too late. Take care of pressing matters and learn from experience.

SCORPIO (Oct. 24-Nov. 22) – Don't let anyone confuse or dominate you. Take the path that puts your mind at ease instead of trying to please everyone around you. Positive change begins with you. Decide what you want and go for it.

SAGITTARIUS (Nov. 23-Dec. 21) – Be honest regarding financial matters. How you handle your cash and use your knowledge and skills to earn a living could use a minor adjustment. Don't let anyone make decisions for you.

CAPRICORN (Dec. 22-Jan. 19) – Change your schedule and how you do things. Speak to someone who can shed light on a situation that baffles you. Remain calm and be realistic regarding personal matters.

Sunday horoscope on page 16

Losing the battle but winning the war

Dear Annie

FRIDAY, JANUARY 27, 2023

Dear Annie: I am writing in response to "Helpless," the man who moved his family out of state and is now upset that his cheating ex has a close relationship to his relatives back home.

I think you're off base with your advice to move home. He should stay where he is and seek counseling at his location. Become active in some community programs both with and without his children. This helps build adult friendships, childhood friends for the kiddos and a support group for the family. Plus, why should "Helpless" have to uproot his children yet again?

His ex will fall on the sword, and his family will want to reconnect. He needs to make a new life, and at

some point, that will probably mean a new wife. Don't move back; stay away. Moving back can trigger some deep, dark sides – not being good for him or the children. Building a new, better life will be far more rewarding. I know; I've been there. – Stay Put

Dear Stay Put: I certainly agree that "Helpless" needs to look forward and focus on building a better future rather than dwelling on the past. Whether he wants to do that in his new town or back with his family is up to him. Thank you for your insights.

Dear Readers: Many of you wrote in with advice for "Unfriendly Bet," who took a gamble on a particular college football game with a friend from a rival school of his. The stakes were high: The two discussed, starting Jan. 1, the letter

writer having to post a new picture of himself on social media in a thong every day for a year, holding a sign saying, "My school sucks." The game was never close, and the odds ended up in his friend's favor.

A number of astute readers noticed that the terms of the bet were not clear or nearly specific enough and argued the thong could have been worn over clothes or cleverly fashioned into headbands, hair scrunchies, belts, scarves, capes and even earrings. Others interpreted it to mean "thong" flip-flops – all great, creative and appropriate solutions to an otherwise potentially embarrassing and risque photo prompt.

Here is a follow-up note from "Unfriendly Bet" himself.

Dear Annie: I wrote to you about

losing the sports bet with my friend and having to post photos online. Thank you for the advice. I decided to take my medicine like a man. Honestly, I didn't get blowback. Actually, the opposite for owning up to the deal. There are a few laughs, albeit at my expense, but generally good humor all around. Thanks for your advice! – Unfriendly Better's a Great Sport

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – 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.

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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.

“ H P C Y T Y D C E Y V V T P W P I I P O N L K L P
T P R K D K O X P Z T K Y V E J C P T D K J S
N J C S P K Y T X E Y K L P O N L J K L P I J T K L P
V P W P V J H V J J M D . ” — I J D O C Z T B S Y M P

Previous Solution: “If you surround yourself with quality people and great friends, the sky’s the limit.” — Wayne Gretzky

TODAY’S CLUE: *a s i e n b e g*

CELEBRITY CIPHER
by Luis Campos

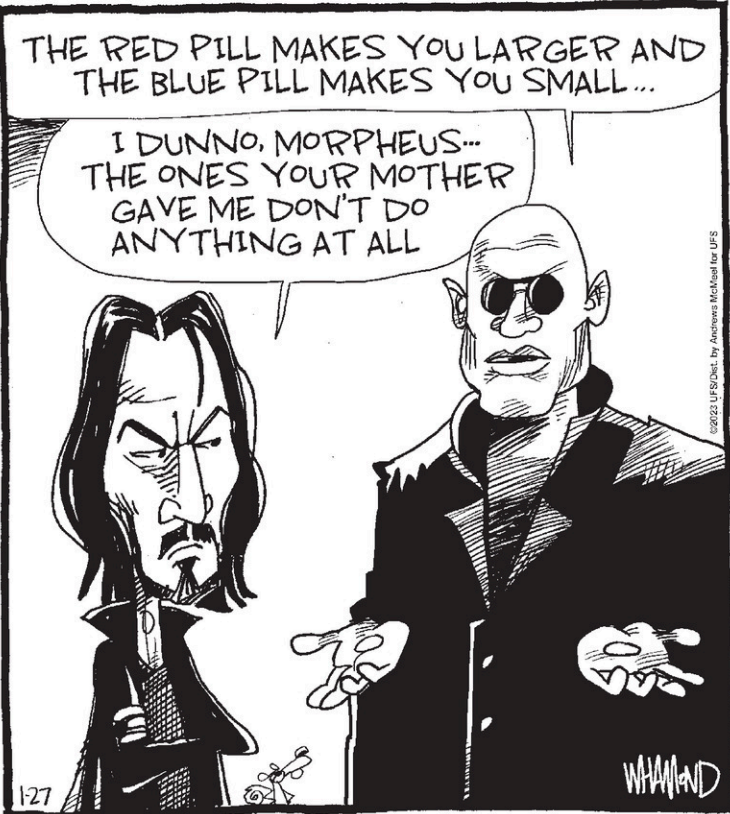
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ D R Y B A G I S L S M O L ’ R M L F P Y B A W M L
X L K R D B C R W Y G G Z Y B C R W Y S I W L
W D P I O I F P Y C W L R L E E I F J F D E W Y E I ,
W O D W ’ R D S Y F D E G I . ” — S L F A D B
Z F I I S D B

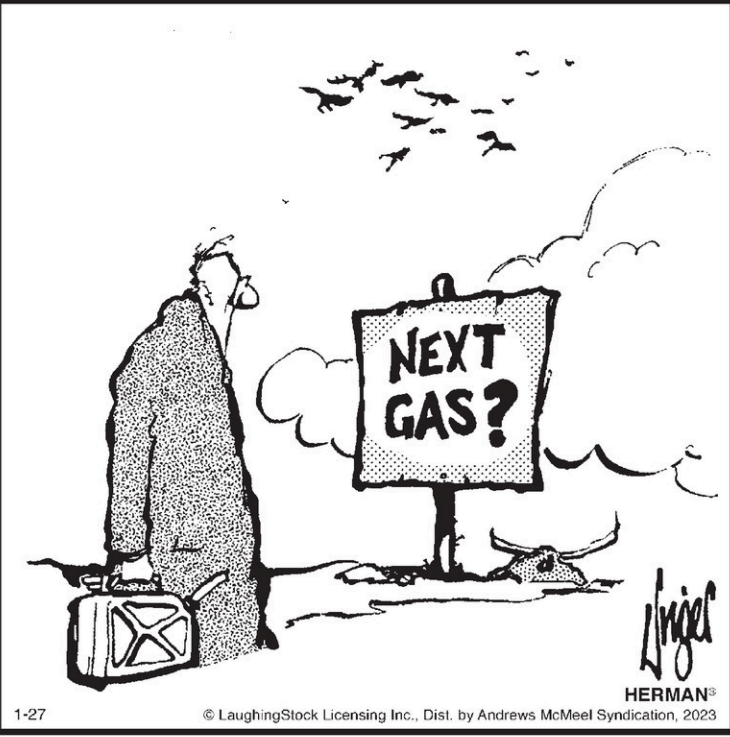
Previous Solution: “Feminism will never reach the next stage until women stop competing with each other on the level of looks.” — Rosamund Pike

TODAY’S CLUE: *J s i a n b e X*

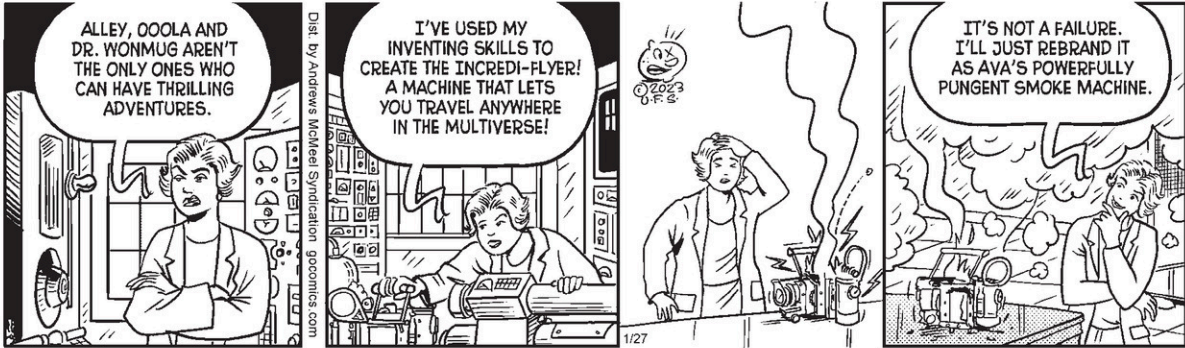
REALITY CHECK



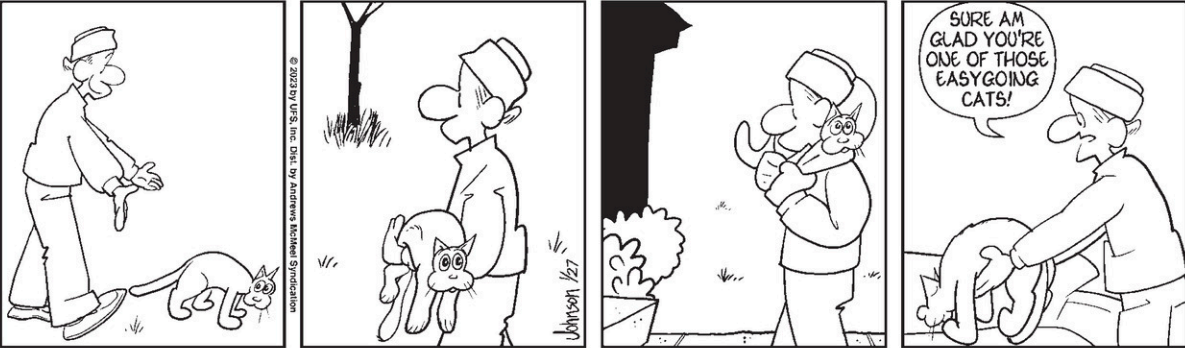
HERMAN



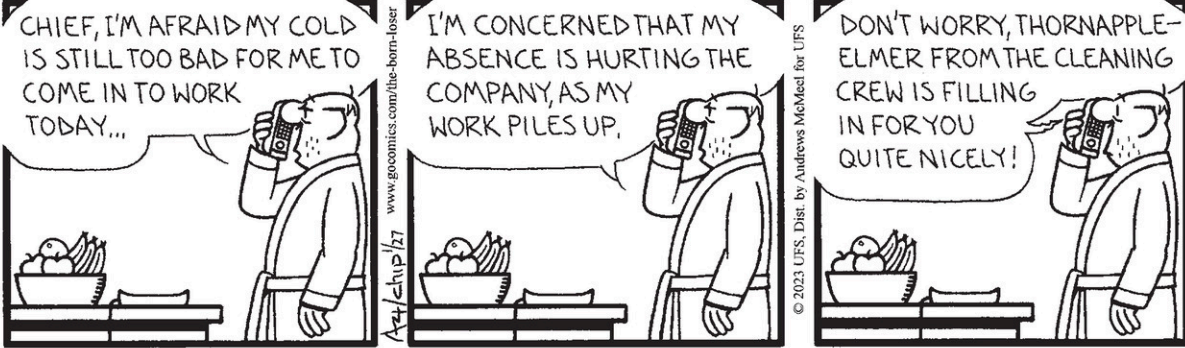
ALLEY OOP



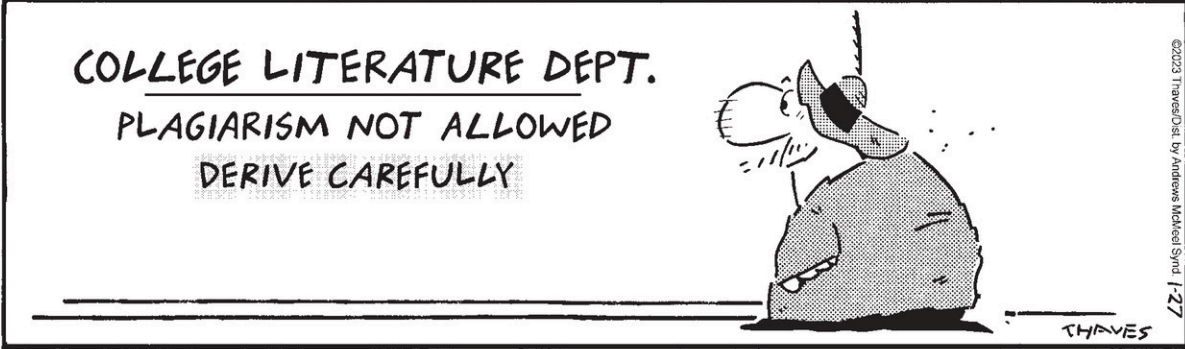
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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Deadline: 12:30 p.m. one day prior to publication
Or mail your prepaid classified ads to
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145 Miscellaneous Services

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

160 Music

LOOKING FOR ADVANCED or professional pianist, violinist, and cellist to meet to play great repertoire with the flute. Possible concerts. Email with subject 'Music' to douglasnadler62@gmail.com

275 Antiques

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

295 Articles Wanted

LICENSE PLATE COLLECTOR looking to buy Quebec license plate. Please call Daniel at 450-278-0517.

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Be specific – buyers want useful information such as price.



Group related facts in the same sentence.



Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.



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at outletjournal@sympatico.ca
or call 819-569-9511

SUDOKU

DIFFICULTY RATING: ★★★★★

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

1/28

PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Ingredient swap: strategies for liveable weight loss

(NC) When it comes to achieving weight loss and healthy eating goals, many people mistakenly assume that restrictions are the key to success. While a restrictive diet can lead to rapid weight loss, it's very hard to maintain. For long-term success, adopting liveable, healthy habits is key.

Making healthy swaps and including variety through ingredients, colours and textures helps keep mealtime satisfying and liveable. A customized weight loss program like myWW is designed to allow you to adopt healthy habits that are liveable and effective. No foods are off the menu. The program offers access to healthy recipes, many of which are nutritious takes on family favourites

Cutting back on higher-fat ingredients, like cheese, and adding more vegetables to your plate are great strategies for healthier eating. For example, using butternut squash in macaroni and cheese reduces calories without sacrificing flavour or comfort.

One-Pot Butternut Squash Mac and Cheese

Prep time: 10 minutes
Cook time: 15 minutes
Serves: 6

Ingredients:

- 2 cups (235 ml) low-fat milk
- 10 oz (285 ml) elbow macaroni
- 1 tsp (5 ml) table salt
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) onion powder
- 1 pinch ground nutmeg
- 8 oz (225 ml) water
- 10 oz (285 ml) cooked frozen pureed butternut squash, thawed
- 4 oz (115 ml) 50 per cent reduced fat sharp cheddar cheese, shredded
- 1 tbsp (18 ml) chives, chopped, for garnish

Directions:

In a large Dutch oven or soup pot, combine milk, macaroni, salt, mustard, onion powder, nutmeg and water. Cook over medium-high heat, stirring constantly, until small bubbles begin to form around edges, about 3 minutes; reduce heat to medium-low (do not let mixture boil).

Continue to cook, stirring frequently, until pasta is almost tender and liquid is the consistency of sauce, about 14 minutes total time. Stir in squash; cook, stirring, 1 minute more.

Remove from heat; add cheese, a handful at a time, stirring until fully melted before adding more. Serve garnished with chives.

Find more recipe inspiration at ww.com/ca.

NEA Crossword Puzzle

- ACROSS
- 1 Wrigley product

4 %, briefly

7 Moos

11 Famous Khan

12 Stick together

13 — — for keeps

14 Tissue layer

15 Subtle glow

16 Distance measure

17 Computer network

19 Automated worker

21 Bullring shout

22 Finishes first

23 Russian pancakes

26 Delightful place

28 Fleming of spydom

29 Pigeon coop

31 Talks on and on

35 PBS science show

37 Pebble
- 39 “Drop — — line”

40 Give autographs

42 Dapper

44 Kyoto sashes

46 Lively dance

47 Coin makers

49 Coral reef locales

53 Opposed

54 Goose cry

56 Maria — Trapp

57 Legal claim

58 Time to beware

59 Keogh relative

60 Business encl.

61 Rx writers

62 Weaken gradually
- DOWN
- 1 Disparities

2 Threatening, as weather

3 Willie of baseball

4 Feather

5 Mongrel

6 Rip

7 Pruning

Answer to Previous Puzzle

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

8 Pungent veggie

9 Flags

10 Sault — Marie

12 Highland tongue

18 Heavy weight

20 Have debts

23 Coal bunker

24 Southeast Asian

25 Bill: Abbr.

26 School near Windsor Castle

27 Yr. ender

30 Co.

32 CPA’s sum

33 Put money on

34 Make a comment

36 Totally stupid

38 New York cagers

41 Believer’s suffix

43 Stone or Ice

44 “— vincit amor”

45 Nips

46 James Earl or Tommy Lee

48 Thin wedge

50 Hertz rival

51 lben heroine

52 Cold spell

53 Capp and Jolson

55 7 and 11

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53					54	55				56		
57					58					59		
60					61					62		

Your Birthday

SUNDAY, JANUARY 29, 2023

Use knowledge and experience as guides when facing uncertainty with friends or relatives. Your strength and assistance will put you in an excellent position to barter and persuade others to do and see things your way. Do your best to save money; it will ease stress and enhance your attitude.

AQUARIUS (Jan. 20-Feb. 19) – Emotions and mix-ups will leave you at odds. Verify information before you pass it along. If you focus on implementing positive changes, it will help you dodge an argument. Stick close to home.

PISCES (Feb. 20-March 20) – Your intuition won’t let you down. Look for a safe investment. You can help others, but don’t expect anything in return. A problem or miscommunication will cause an issue.

ARIES (March 21-April 19) – Your playful attitude will take you where the action is and encourage you to get involved in something physical. Turn something you enjoy doing into a lucrative endeavor.

TAURUS (April 20-May 20) – Alleviate stress. Concentrate on what you can achieve. A romantic gesture is apparent; don’t misread what someone is offering. Ask questions, be direct and share your intentions.

GEMINI (May 21-June 20) – Push forward until you are satisfied with what you achieve. A unique idea will be considered but not adopted by everyone. Adapt a plan to make it more accessible to all.

CANCER (June 21-July 22) – Do whatever it takes to secure your position. Sign up

for something that allows you to use your skills and experience in a unique and challenging manner. A long-term opportunity will develop.

LEO (July 23-Aug. 22) – You’ll have to weigh the pros and cons of any offer you receive before you decide to get involved. A partnership will disappoint you. Shared expenses will bring more liabilities than assets.

VIRGO (Aug. 23-Sept. 22) – Participate in something that gets you out of the house. Take a day trip, attend an educational event or spend time with someone who can offer you valuable insight. Romance is favored.

LIBRA (Sept. 23-Oct. 23) – A change of scenery will give you a different perspective on life, love and happiness. A new friendship with someone who shares your enthusiasms will develop if you put yourself out there.

SCORPIO (Oct. 24-Nov. 22) – Uncertainty will cloud your day if you let someone’s rhetoric bring you down. Don’t let a change someone makes leave you in limbo or cost you financially. Love is on the rise.

SAGITTARIUS (Nov. 23-Dec. 21) – Pick up the pace, be open about your intentions and see who wants to participate. What starts as a minor home improvement will turn into a major overhaul that makes your life easier.

CAPRICORN (Dec. 22-Jan. 19) – Hold on to what you’ve worked hard to achieve. Listen to others’ grievances, then determine who is telling the truth before you pick sides. A domestic change will bring you closer to a loved one.

FRIDAY, JANUARY 27, 2023

The deceptive suit combination

By Phillip Alder

There are certain suit combinations that are deceptively difficult. Take, for example, holding A-Q-x in your hand opposite three low cards in the dummy. How would you try to win two tricks in the suit, given no communication problems?

You would probably take the finesse, but there is another *modus operandi*, if I may use the expression, that, in the right circumstances, slightly improves your chances.

After spades had been agreed, South hoped to hear North control-bid the diamond ace and club king (or singleton). When he got the first but not the second, he was forced to settle for six spades.

South ruffed the heart lead, played a trump to dummy and finessed the club queen. However, when West won with the king, South had to concede down one.

That was an uninspiring performance. After ruffing the opening heart lead and playing a trump to dummy, declarer should ruff another heart, return to dummy with a diamond to the ace and ruff the third heart high. South cashes the diamond royals and then makes the key play: He cashes the club ace.

North01-27-23

♠ J 10 8 7

♥ 6 5 2

♦ A 4 3

♣ 6 4 3

West

♠ 3

♥ Q J 10 4 3

♦ 8 7 6 5 2

♣ K 8

East

♠ 6

♥ A K 9 8 7

♦ 10 9

♣ J 10 9 7 5

South

♠ A K Q 9 5 4 2

♥ —

♦ K Q J

♣ A Q 2

Dealer: South

Vulnerable: East-West

South	West	North	East
2♣	Pass	2♦	Pass
2♠	Pass	3♠	Pass
4♣	Pass	4♦	Pass
4♥	Pass	4♠	Pass
5♦	Pass	5♠	Pass
6♠	Pass	Pass	Pass

Opening lead: ♥ Q

Babies of 2022

See pages 6 & 7



Friday, January 27, 2023

The Townships Outlet

Linking the Townships' 41,000-member English-speaking community

A carnival every weekend from now to March

By Gordon Lambie

The Eastern Townships is about to move into the height of winter carnival season. For those with the time and a willingness to travel, there is no shortage of winter activities to engage in across the region over the next few weeks. What follows is a list of just some of the events taking place in different municipalities in February/

The fun begins in Richmond, which will be holding its winter carnival this Saturday, Jan. 28, 2023 from 11 a.m. to 7 p.m. at the Place des loisirs on Gouin Street.

"It is an initiative with the Municipalities of Cleveland and the Canton de Melbourne," said Marie-Andrée Ménard, newly in charge of recreation with the town of Richmond, explaining that the Maison de la famille de Val-Saint-François is also an important partner.

Ménard said that the Richmond carnival is an annual tradition focused on helping local families take full advantage of the winter weather, and she was very excited about Thursday's snowfall in terms of what it means for the weekend's activities.

"We will try to make a variety of interesting snow slides," the recreation director said, sharing that the large amount of fresh snow provides a lot of material for the communities to work with.

The plan for Saturday includes a number of different activities including inflatable games, a free skating period, a snow fort competition, and a range of



CONT'D ON PAGE 2

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A carnival every weekend

CONT'D FROM PAGE 1

indoor eating options. Ménard also expressed enthusiasm about the Bubble football; a new activity for the event this year.

The following weekend Ayer's Cliff's winter carnival will take place Feb. 3 and 4 at Tyler Park. The balance of the programming for the event is scheduled for the Saturday, although things kick off on the 3 at 6 p.m. with broomball activities followed by women's hockey at 7 p.m. Saturday's lineup is full from 9 a.m. well into the evening, beginning again with broomball but including a free hot dog lunch and supper, free sugar on snow, inflatable games, carriage rides, a campfire, a dress-up skating competition

"It's a busy day, but we have fun with it," said Sherry Drew, who has been a member of the organizing committee for several years.

While Drew said that the whole day is filled with different activities, she highlighted the tradition of painting a community mural as highlight.

"Every year the paintings from past years are up in Tyler Park," she said, sharing that it's a fun way to remember past carnivals year after year.

The organizer also mentioned the 2 p.m. Ayer's Cliff vs Stanstead oldtimers' hockey match as a longstanding rivalry and an event that tends to draw a big crowd.

"It's mainly a town event," she said, explaining that businesses within the town pitch in a great deal to help make the experience fun for everyone involved.

The organizers of the Ayer's Cliff winter carnival are currently looking for volunteers to help out with several different events over the course of the day

"The committee takes care of all the big stuff," Drew said, sharing that help is needed for things like running the inflatable games, loading and unloading the wagon rides, and serving the free coffee and hot chocolate.

Hatley's Plaisirs d'hiver winter fun day is that same weekend, on Saturday Feb. 4., and offers a free a day of outdoor activities for the whole family at the



PHOTOS BY RECORD ARCHIVES

Hatley Community Centre. From 2 p.m. to 5 p.m. the municipality will offer free outdoor activities such as skijoring, inflatable games, slides, skating, broomball, kick sleds, snowshoeing and bonfires. A free supper of hot dogs and salad, as well as snacks and hot beverages will also be offered.

At 5:30 p.m. there will be fireworks.

Rather than pin things down to just one weekend, the town of Valcourt

launched the sixth edition of its festival en neige earlier in January and has programming for it that lasts through until March. Events planned include snowshoe and cross-country ski rallies,

snowmobile meetups, a disco skating night at the arena on Feb. 11, and a family day on the afternoon of Feb. 4 at 555, rue du Couvent. More information on the full program of events and the dates on which they will take place can be found at <https://www.valcourt.ca/evenement/festival-en-neige/>

In Stanstead there is no formal winter carnival planned, but Saturday Feb. 11 the Pat Burns Broomball Tournament will take place at the arena, followed by a free skate period. The tournament begins at 9 a.m. and lasts until 6 p.m. and teams of six or more as well as solo players of all experience levels are welcome to register. Games are played with six players per team on the ice at a time (five plus the goalie), and solo players will be added to other teams. Each time is required to have a mix of men and women, as at least two of each are required to be on the ice at any given time. Helmets, shin pads, and thick gloves are mandatory. Goalies must have full face masks but may choose not to wear goalie pads. Broomball shoes or clean-soled running shoes must be worn.

Games will be no-contact.

Anyone looking to sign up is encouraged to contact Lee-Anne Chase for more information by emailing arena@stansteadcollege.com

The free skate period will follow for residents of Stanstead, Stanstead-East and Ogden from 7 p.m. to 9 p.m.

Magog's Fete des Neiges will be taking place this year on Feb. 18 and 19 at Merry Point Park. Organizers have yet to offer much information about the plans for the weekend, other than to say that it is happening. The 2022 edition of the Fete des Neiges lost a day to rain, so it is worth noting that this

CONT'D ON PAGE 3

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A carnival every weekend

CONT'D FROM PAGE 2

year's edition is taking place several weeks earlier in the season. This year's edition will be the 28th for the winter festival

The 18 is also the date of the winter carnival in Dudswell, which is running this year under the theme, "le plaisir n'a pas d'age" or "fun has no age limit." Activities will take place from 10:30 a.m. to 4 p.m. in Gordon-MacAulay Park, including multigenerational kinball and hockey-on-snow matches, sliding, potato sack races, snowshoeing, sugar on snow, festive music, food, and a snow fort competition

Sherbrooke's annual winter carnival is set to take place from Feb. 24 to 26 in Jacques Cartier Park near Lac des Nations. Timed to coincide with the start of Quebec's march break each year, Sherbrooke's carnival occasionally faces the challenges of a season that is edging towards spring, but that does not keep the organizers from being enthusiastic about every wintertime outdoor activity they can put together.

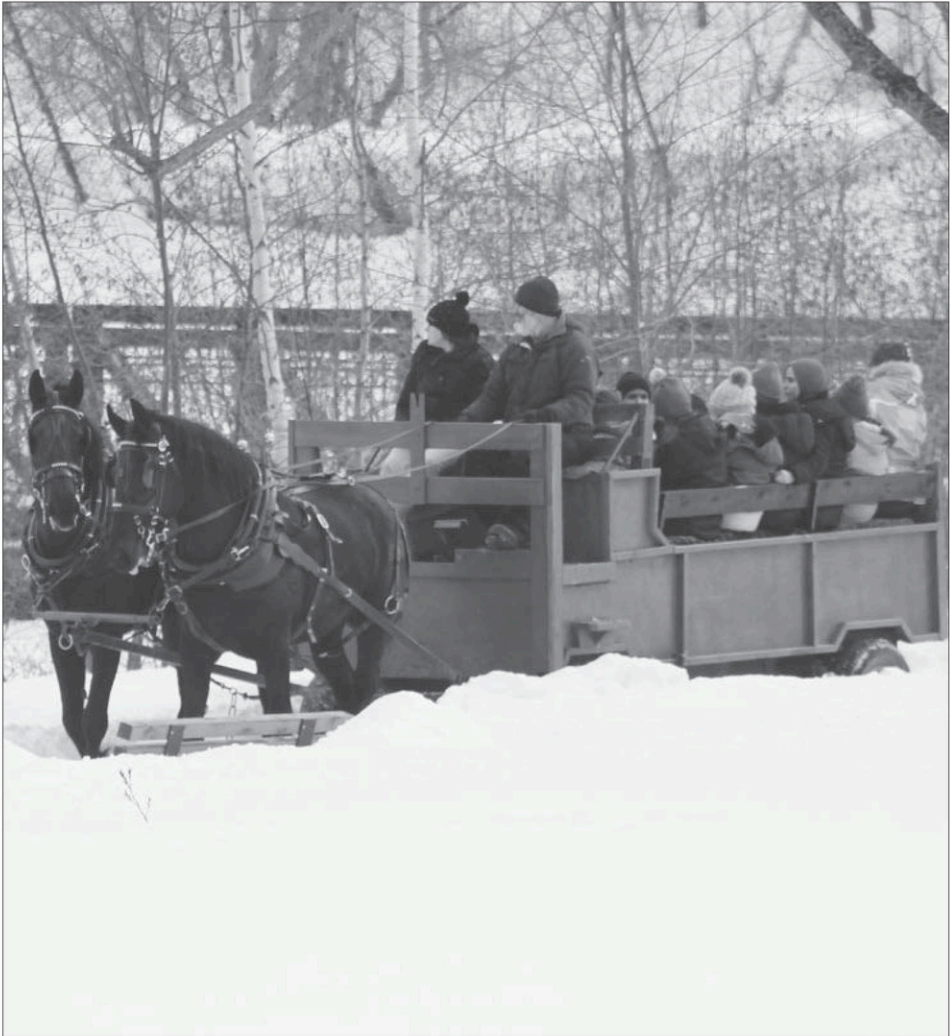
The Sherbrooke event is taking place in its traditional form for the first time since the start of the COVID-19 pandemic, having been operating in a hybrid mode during the COVID-19 pandemic.

Given the month that lies between now and the dates of the Sherbrooke carnival, much of the programming has yet to be announced. The organizing team is due to make that announcement on Feb 1. but in the meantime they've committed to an event that is festive, dynamic, and accessible for families.

Part of that last aspect is the fact that public transportation in the city will cost only \$1 starting at 5 p.m. Friday Feb 24 until the end of the day the following Sunday.



RECORD ARCHIVES





COUNTRY CONNECTION
JESSIE PELLETIER

He will finish his last year of CEGEP soon and he has plans to register at a university down south, preferably in Nashville. He wants to be in the heat of the action and put the odds on his side by witnessing firsthand the underside of the music industry.

Nothing is definite yet since many things need to be taken into consideration. But for now, this is his plan. The future will tell.

Jay Vachon was born and raised in Coaticook. The young man is part of the talented musical succession in the region. His late grandpa Richard Branchaud was a performer, who on occasion played with the late Gerry Boulet.

"He played in bars all his life and his son, my uncle Lucain, a guitarist too, has been playing the bar circuit and still does. I can't say I have been walking in their footsteps because music did not come to me when I was a kid," explained the young man in an interview.

He recalled that at all the family parties there was a lot of music and fun. "It was amazing," he said, but it did not trigger any desire for him to learn.

His interest in learning guitar came with the beginning of the pandemic, when students were attending online courses.

CONT'D ON PAGE 5

A bright future ahead for Jay Vachon



Jay Vachon

COURTESY



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Jay Vachon

CONT'D FROM PAGE 4

“I was always at home and I had plenty of time on my hands. I just grabbed the guitar and it all came to me very easily. I worked many hours a day to better my dexterity. I realized that I could replicate with much ease what I was hearing,” he stressed.

The young artist taught himself to play guitar. He had the ability and the patience to do so. The biggest part of the effort was to hone his skills, which he did and is still doing.

He started playing and singing in bars and he said, “It is comfortable for me to be on stage playing guitar and singing. People are easy to please. You need to give them what they want when they want it.”

He has no problem guessing what people want. “All my life I have been the center of attention because I was a clown and a joker. It is kind of the same thing with music. I love to entertain.”

When Vachon was younger he used to listen to Simple Plan and Bruno Mars. Love ballads are his favorite to listen to and sing.

When he was 17, he discovered country music. The radio was always on where he was working so this is how he found a musical genre that appealed to him.

“This is also when I had the confirmation that I needed to get a good education to earn my living without breaking my back. This is what

made me go back to finish my CEGEP and eventually get my university degree,” he stressed.

He admits he has no knowledge of the older country music and its roots, but he loves today’s country and the current artists such as Morgan Wallen, Ernest, Hardy, Cody Johnson, Luke Combs and Riley Green.

“I travelled many miles last summer to see a show featuring Morgan Wallen in United States and I had no regrets doing it. When you are yourself a musician you understand much better the efforts invested in a show of that magnitude. It was impressive to hear 40,000 people cheering for Morgan Wallen,” he explained.

“I also love the excellent Luke Combs. I want to be that kind of entertainer because he really is the best,” he exclaimed.

His favorite ballad of the hour is a sad number by Ernest titled, The songs we used to sing, a song about a love story gone bad. (All the songs they used to sing now take him back in time and he can’t stand the memories anymore). “I just love that song,” he said.

Recently Vachon started writing songs of his own. He wants to have enough good ones before he records them. He writes both the lyrics as well as the music.

“It is much harder to write the lyrics than the music. To find the right words to express what you want to say can be tricky. Music is easier as you sit with

your guitar and play chords until you find the combination that sounds great,” he added.

Vachon will be performing at The Hop Station in Coaticook on Friday, Feb. 10 at 8 p.m. Gordon Shea will join him on lead guitar for the occasion.

“I can easily play most of the different requests people have, but

I sure wish I could play only country music. I am an entertainer and I want them to go home happy because they heard their favorite song and had a great time,” he said.

The young man is now 22, and he is ready for a prolific career. He has the talent, the looks, and the will! I hope all his dreams come true.



YOUTUBE

Jay Vachon (right), accompanied by Gordon Shea, performing a cover of Tennessee Whiskey at Simoniaque Studio, video available on YouTube

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 Mornings				Rachael Ray		Sherri		The Price Is Right		
WPTZ	5	-	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna		
CBMT	6	206	301	Daybreak		Mighty	Dino Ranch	(:07) Big Blue	Rusty Rivets	Remy & Boo	(:19) Glowbies	Paddington	True-Rainbow	Heartland		
CHLT	7	107	718	F	Salut bonjour (N) (SC)							(9:59) Station potluck (N)		(10:59) Mario Dumont (N)		
				M												
				T												
				W												
			Th													
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Tamron Hall		The View		
CKSH	9	108	-	Ranger Rob	Zafari	Axel	Agent Binky	Paf le chien	Mehdi et Val	Le national	On va se le dire			Ricardo	5 chefs dans	
CKMI	11	-	-	Global News Morning				The Morning Show				Property Brothers		Rachael Ray		
CFCF	12	205	312	CTV Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View		
WVNY	22	-	-	ABC22 News This Morning at 6		Good Morning America				D. Barrymore	D. Barrymore	Paid Program	Paid Program	The View		
WUTV	30	-	-	Varied Programs		The National Desk		The National Desk		Judge Mathis		The 700 Club		iCRIME	iCRIME	
CFKS	31	106	726	F	Noovo Le Fil	Noovo Le Fil	Les déba	Sports 30 (N)	Souper parfait	Big Brother	La semaine des 4 Julie		(:(01) “Coup de foudre glacé” (2018) Rachael Leigh Cook.			
				M	Noovo Le Fil (SC)		Sports 30 (N)				Taxi payant	Taxi payant	Taxi payant	“Une mère malveillante” (2017) Jessica Blackmore. (SC)		
				T	Noovo Le Fil		Les déba				Big Brother	La semaine des 4 Julie		(:(01) “Princesse incognito” (2019) Natalie Hall. (SC)		
				W										(:(01) “Pop Star” (2013) Christian Serratos, Ross Thomas. (SC)		
			Th										(:(01) “Coup de foudre au manoir” (2022) Lesa Wilson.			
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		Sherri		Karamo		
WETK	-	-		Classical	World News	Molly of Denali	Wild Kratts	Elementary	Alma’s Way	Curious	Daniel Tiger	Rosie’s Rules	Donkey Hodie	Sesame Street	Pinkalicious	
WCFE	-	-		Nature Cat	Odd Squad	Xavier Riddle	Arthur	Molly of Denali	Wild Kratts	Elementary	Alma’s Way	Curious	Daniel Tiger	Rosie’s Rules	Donkey Hodie	
A&E	615	520		Jeremiah	Joni: Table Tal	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Varied Programs				
CNN	500	500		CNN This Morning		CNN This Morning		CNN This Morning		CNN Newsroom		CNN Newsroom		At This Hour-Kate		
DISC		520	505	F	Mayday “Pilot vs. Plane”		Highway Thru Hell		Highway Thru Hell		Bones “Finder” Ⓢ Ⓢ		Bones Ⓢ Ⓢ		CSI: NY “Sweet 16” Ⓢ Ⓢ	
				M												
				T												
				W												
			Th					Highway Thru Hell “New Hope” Ⓢ Ⓢ (DVS)								
								Highway Thru Hell		Bones Ⓢ Ⓢ						
DRAMA		620	523	F	(Off Air)				Flashpoint “The War Within”		“Second Opinion” (2018) Joanne Kelly. Ⓢ Ⓢ (DVS)				Flashpoint “The War Within”	
				M	“Separated at Birth” (2017) Paige Turco. Ⓢ Ⓢ (DVS)						“Separated at Birth” (2017) Paige Turco. Ⓢ Ⓢ (DVS)					
				T	“The Winter Palace” (2022) Danica McKellar. Ⓢ Ⓢ (DVS)						“The Winter Palace” (2022) Danica McKellar. Ⓢ Ⓢ (DVS)					
				W	“Valentine in the Vineyard” (2019) Rachael Leigh Cook. Ⓢ						“Valentine in the Vineyard” (2019) Rachael Leigh Cook. Ⓢ					
				Th	“Site Unseen: An Emma Fielding Mystery” (2017, Drama) Ⓢ						“Site Unseen: An Emma Fielding Mystery” (2017, Drama) Ⓢ					
HIST	522	506		The World Without Canada		Rust-Restorers	Varied Programs				Rust Valley Restorers		Border Sec.	Border Sec.		
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		
RDI	126	730		(5:00) D’abord l’info								Le national		L’info maintenant		
SHOW	616	521		Lost Girl		Varied Programs										
SLICE	601	562		ET Canada	Say Yes-Dress	Love It or List It		Varied Programs				Income Prop.	Income Prop.	Varied Programs		
TLC	521	560		The Jennifer Hudson Show		Varied Programs										
TSN		400	400	F	SportsCentre	SportsCentre Ⓢ		SportsCentre Ⓢ		SportsCentre Ⓢ		SportsCentre Ⓢ		SportsCentre Ⓢ		
				M	SportsCentre											
				T												
				W												
			Th													
YOUTH	551	542		Sidekick	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Go Away Uni	Squirrel	(9:50) Sidekick	Numb Chucks	Cloudy, Meat	SpongeBob	

2022 Babies



Name: Amaya Elisapie Koneak Rudd
 Birthdate: September 16, 2022
 Parents: Ina Mary Koneak & Tim Rudd
 Hometown: Kuujuaq
 Proud grandparents are Sandra & Craig Rudd, Waterville
 Great-grandparents are Betty & Luc Moquin, Lennoxville



Name: Clara Rose Martineau Brown
 Birthdate: April 13, 2022
 Parents: Eva-May Brown & Yannick Martineau
 Hometown: Sherbrooke, QC
Our little ray of sunshine!



Name: Hunter Viens
 Birthdate: July 17, 2022
 Parent: Emmelee Viens
 Hometown: Richmond, QC
Beautiful, loved, smart, fast learner, hyper, active, adorable, devoted, glowing, smiley.



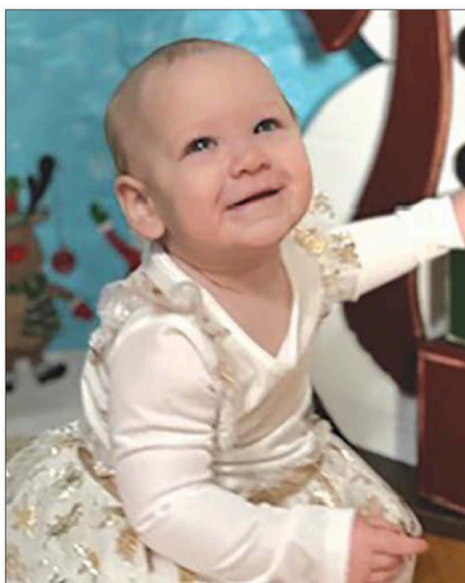
Name: Jack Raymond Kirby Rivest
 Birthdate: December 23, 2022
 Parents: Carolyn Kirby & Patrick Rivest
 Hometown: Canton de Hatley, QC
Handpicked for earth by Nanny Sharron Raymond in heaven.



Name: Bowen Kiera Burton
 Birthdate: July 5, 2022
 Parents: Amber Wallis & James Lallier Burton
 Hometown: Compton, QC
She is a bright-eyed cutie, who loves to bounce and be on the move.



Name: Emma Martineau
 Birthdate: October 24, 2022
 Parents: Megan Patrick & Kevin Martineau
 Hometown: Drummondville, QC
Very good baby, loves going outside, very curious.



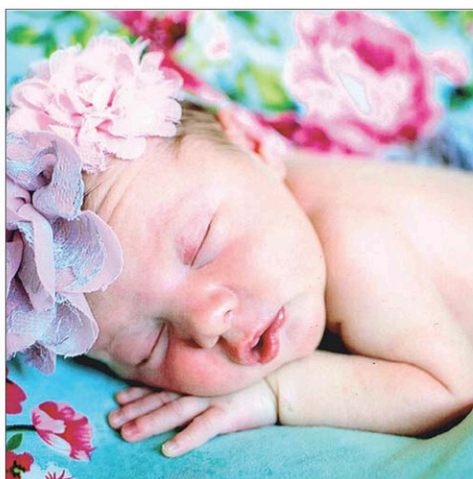
Name: Indira Annesley Gallichon
 Birthdate: February 9, 2022
 Parents: Tina Annesley & Adam Gallichon
 Hometown: Waterville, QC
Our little princess loves to climb and loves her food.



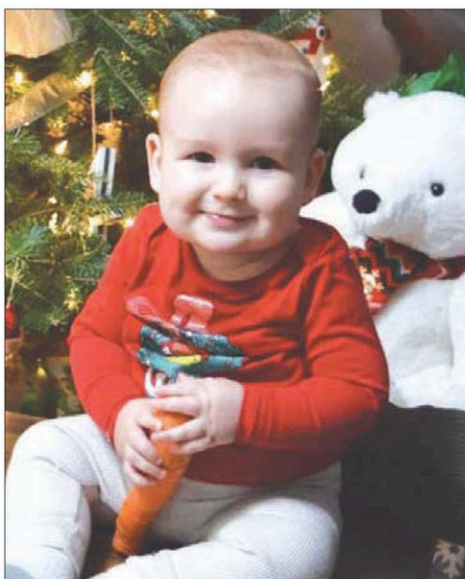
Name: Kensi Joy Harrison
 Birthdate: February 4, 2022
 Parents: Travis Harrison & Shelby Drew
 Hometown: Hatley, QC
Kensi is an easy-going baby and loves her big sister!



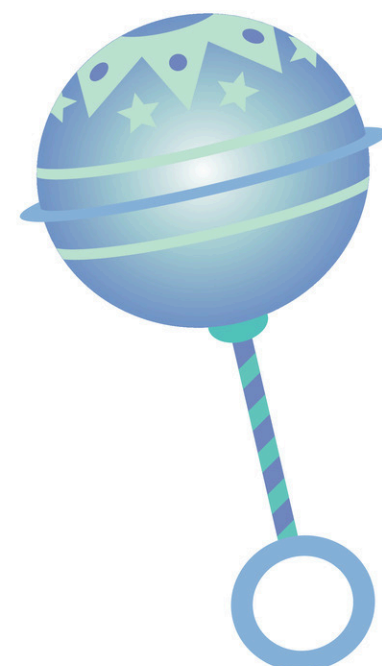
Name: Brianna Katherine Magwood Kelso
 Birthdate: March 16, 2022
 Parents: Erin Magwood & Richard Kelso
 Hometown: Birchton, QC
 Grandparents: Barry & Marilyn Magwood and Terry & Gail Kelso
A happy little girl who brings us much joy!



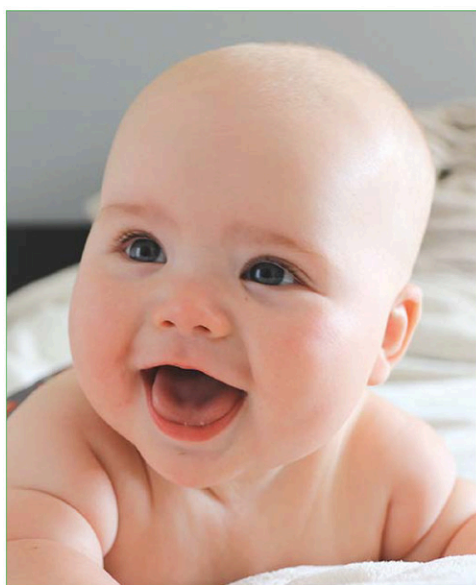
Name: Hailey Anne Marquis
 Birthdate: June 21, 2022
 Parents: Kristopher Marquis & Lori Sparkes
 Hometown: Waterville, QC
This happy and sweet little princess has completed our family!



Name: Iverson Kane Holliday
 Birthdate: March 29, 2022
 Parents: Morgane Schoolcraft & Phil Holliday
 Hometown: Ayer's Cliff, QC
Iverson is a happy baby. Ready for Santa Claus.



2022 Babies



Name: Kove Robson
 Birthdate: February 28, 2022
 Parents: Nicole Marsh Mackenzie & David Robson
 Hometown: Cowansville, QC



Name: Myles Joseph Daigle
 Birthdate: August 6, 2022
 Parents: Emily Enright, Richmond, QC
 Joseph Daigle, Barrie, ON



Name: Rawson Henri MacDonald
 Birthdate: August 8, 2022
 Parents: Heidy Girard & Owen MacDonald
 Hometown: Canton de Hatley, QC
Rawson is super chill and enjoys watching older sister Willow's antics.



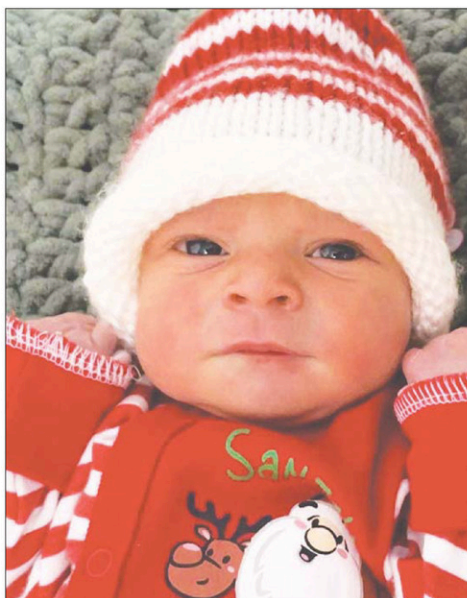
Name: Tadhg Edward
 Birthdate: December 27, 2022
 Parents: Amber Griffith & Eamonn Waters
 Hometown: Calgary, AB
 Big sister: Niamh
 Grandparents: Charlotte & Peter Griffith, Richmond, QC and Madge & Ned Waters, Kingscourt, Ireland
He was a Christmas surprise as he arrived almost a month early.



Name: Lexie Lee Bouchard
 Birthdate: December 29, 2022
 Parents: Mandi-Lee Grey & Kevin Bouchard
 Hometown: Johnville, QC
She is a loving addition to our family!



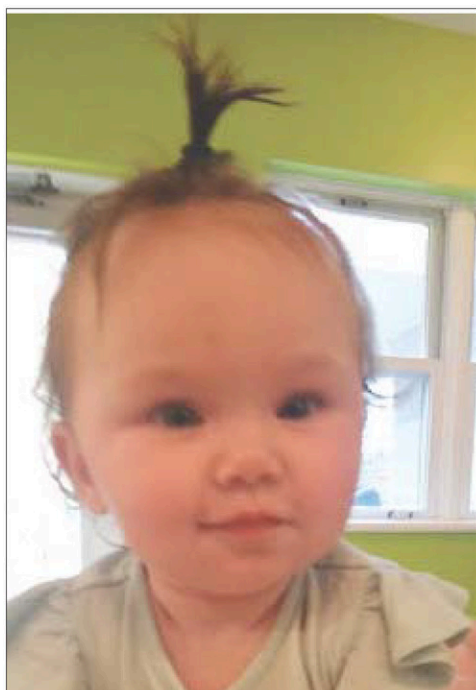
Name: Noah Frederick Michael Williams
 Birthdate: December 19, 2022
 Parents: Kim Williams & Mike Sealy
 Hometown: North Hatley, QC
Arrived just in time for Christmas!



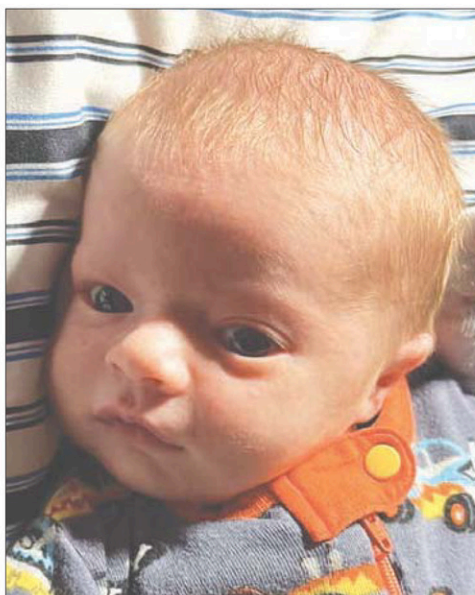
Name: Rhea May Bryant
 Birthdate: December 22, 2022
 Parents: Samantha Young & Dylan Bryant
 Hometown: Mansonville, QC
 Grandparents: Sue Cunnington, Dean Young, Patricia St-Pierre and Gordon Bryant
A joyful happy baby who is adored by her family.



Name: Wilder Grey Lasenba
 Birthdate: October 27, 2022
 Parents: Shayne Lasenba & Ashley Nobes
This little guy brings us all so much love and happiness.



Name: Lexie Ray Latulippe
 Birthdate: February 9, 2022
 Parents: Emily Smith & Claude Latulippe
 Hometown: Sherbrooke, QC
Smiling Angel who's loved & protected by big brothers Lucas & Jaxson.



Name: Owen Scott Alex
 Birthdate: November 15, 2022
 Parents: Carrie Schoolcraft & Kyle Alex
 Hometown: Beebe, QC
Owen is a great delight to his grandparents and great-grandparents.



Name: Ruby & Rylan Salmon
 Birthdate: January 20, 2022
 Parents: Rebecca Mckelvey & Craig Salmon
 Hometown: Ayer's Cliff, QC
 Big brother: Deshawn Salmon
They love to read, play with blocks, and follow big brother around.

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	-	-	Channel 3	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal		Channel 3 News at Four		Channel 3	News at 5:30p			
WPTZ 5	-	-	NBC5 News	Daily Blast	NBC News Daily		The Jennifer Hudson Show		Dr. Phil		The Kelly Clarkson Show		NBC5 News	NBC5 News	
CBMT 6	206	301	CBC News Network		Escape to the Country		Family Feud	Run the Burbs	Republic of Doyle		Call the Midwife		Great Canadian Baking Show		
CHLT 7	107	718	(11:58) TVA nouvelles		Movie		Var. Programs		TVA nouvelles		Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	WMTW News 8 at Noon		GMA3-Need to Know		General Hospital		The Jennifer Hudson Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM		
CKSH 9	108	-	F	Téléjournal	Silence	La semaine verte (SC)		Brokenwood L'équipe fait l'enquête d'un meurtre. (SC)		Savourer (N) (SC)		Les Bienvenu..		Silence	
			M			Anne (DVS) (SC)		Candice Renoir (SC)		On va se le dire (N) (SC)					
			T												
			W												
			Th												
CKMI 11	-	-	Global News	ET Canada	Karamo		The Talk		D. Barrymore	D. Barrymore	Carnival Eats	The Young and the Restless	Global News		
CFCF 12	205	312	CTV News Montreal		The Social		Dr. Phil		Bob-Abishola	Sheldon	Big Bang	Big Bang	CTV News Montreal at 5		
WVNY 22	-	-	Hot Bench	Hot Bench	GMA3-Need to Know		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy	
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The People's Court		Family Feud	Family Feud	Bet Your Life	Family Feud	
CFKS 31	106	726	Castle		Médium		Movie				Les Simpson	Les Simpson	(4:58) Noovo Le Fil 17		
WUHF	-	363	The Steve Wilkos Show		Maury		Paid Program	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court		
WETK	-	-	Dinosaur Train	Elinor	Sesame Street	Rosie's Rules	Odd Squad	Varied Programs						World News	
WCFE	-	-	F	Sesame Street	Pinkalicious	Craft in America "Celebration"		Rick Steves Art of Europe (DVS)		Nature "Soul of the Ocean" (DVS)		NOVA (DVS) (DVS)		Secrets of the Dead (DVS)	
			M			NOVA (DVS) (DVS)		Nature "Soul of the Ocean" (DVS)		Antiques Roadshow (DVS)		Old House	This Old H'se	New York Now	Mountain Lake
			T			American Masters "Roberta Flack" (DVS)		POV Shorts (DVS)		Just a Mortal Man -- The Jerry Lawson Story		American Masters "Roberta Flack" (DVS)			
			W			"Prince Among Slaves" (2006)		John Lewis -- Get in the Way		Finding Your Roots		Legacy List With Matt Paxton		Anisfield-Wolf Book Awards	
			Th			Harriet Tubman: Visions		Becoming Frederick Douglass		Death in Paradise (DVS)		Call the Midwife (DVS)		Call the Midwife (DVS)	
A&E	615	520	Varied Programs		The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Var. Programs	
CNN	500	500	Inside Politics With John King		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf		
DISC	520	505	F	CSI: NY "Raising Shane" (DVS)	Bones "Finder" (DVS)		Bones (DVS)		CSI: NY "Sweet 16" (DVS)		CSI: NY "Raising Shane" (DVS)		Highway Thru Hell		
			M												
			T												
			W		Bones Booth and Brennan go under cover. (DVS)										
			Th		Bones (DVS)		Bones (DVS)								
DRAMA	620	523	Movie				Flashpoint		Varied Programs						
HIST	522	506	F	NCIS: Los Angeles "Rage" (DVS)		Ancient Aliens (DVS) (DVS)		The UnXplained (DVS) (DVS)		The UnXplained (DVS) (DVS)		Beyond Oak Island (DVS)		NCIS: Los Angeles "Rage" (DVS)	
			M			American Pickers (DVS)		American Pickers (DVS)		American Pickers (DVS)		American Pickers (DVS)			
			T			Pawn Stars (DVS) (DVS)		Pawn Stars (DVS) (DVS)		Pawn Stars Do America Finding gems in the Emerald city. (DVS)					
			W			Dirty Old Cars Dirty Old Cars		Forged in Fire (DVS)		Forged in Fire (DVS)		Forged in Fire (DVS)			
			Th			Counting Cars (DVS) (DVS)		Counting Cars (DVS) (DVS)		FBI: Most Wanted "El Pincho"		FBI: Most Wanted (DVS)			
PARMT	628	584	Bar Rescue		Bar Rescue		Varied Programs								
RDI	126	730	Téléjournal	Mordus de politique	Var. Programs		L'info maintenant				Isabelle Richer	En direct avec Patrice Roy			
SHOW	616	521	F	Rookie Blue "Best Man" (DVS)		NCIS "Tailing Angie" (DVS)		NCIS "What Child Is This?" (DVS)		NCIS "Toil and Trouble" (DVS)		NCIS "The Last Link" (DVS)		NCIS "She" (DVS) (DVS)	
			M	Beauty and the Beast (DVS)		FBI A young woman is killed.		FBI "Hactivist" (DVS) (DVS)		FBI "Trauma" (DVS) (DVS)		FBI "Know Thyself" (DVS)		FBI "Charlotte's Web" (DVS)	
			T	Private Eyes (DVS) (DVS)		NCIS "Bears and Cubs" (DVS)		NCIS "Silent Service" (DVS)		NCIS "Mona Lisa" (DVS)		NCIS "Perennial" (DVS)		NCIS "Hail & Farewell" (DVS)	
			W	(11:00) "A Sister's Nightmare"		FBI "Fire and Rain" (DVS)		FBI "Unfinished Business" (DVS)		FBI "Fostered" (DVS) (DVS)		FBI "Grief" (DVS) (DVS)		FBI Maggie goes under cover.	
			Th	Andromeda (DVS)		FBI: Most Wanted (DVS)		FBI: Most Wanted "Exposed"		FBI: Most Wanted "Patriots"		FBI: Most Wanted (DVS)		FBI: Most Wanted "Inherited"	
SLICE	601	562	Varied Programs		Love It or List It Vacation		King	King	Varied Programs						
TLC	521	560	Varied Programs												
TSN	400	400	SportsCentre	SportsCentre	Var. Programs		This Just In		NBA Today		NFL Live		Around/Horn	Interruption	
YOUTH	551	542	Loud House	Squirrel	Numb Chucks	(:25) Sidekick	Nerds	Cloudy, Meat	Var. Programs	Casagrandes	SpongeBob	SpongeBob	Loud House	Loud House	

FRIDAY EVENING															JANUARY 27, 2023	
	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	-	-	(5:00) PGA Tour Golf Farmers Insurance Open, Third Round. (N) (Live) (DVS)				S.W.A.T. "Cry Foul" Deadly explosions hit oil derricks. (DVS)		Fire Country A hiker falls from a steep cliff. (DVS)		Blue Bloods A man is desperate to find his sister. (DVS)		Channel 3 News	(:35) The Late Show With Stephen Colbert (DVS)		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Figure Skating U.S. Championships, Women's Free Skate. From San Jose, Calif. (N) (Live) (DVS)				NBC5 News at 11 (N)		NBC5 News at 11 (N)		(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report (DVS)	NHL Hockey Ottawa Senators at Toronto Maple Leafs. (N) (Live) (DVS)				Still Standing (DVS)	The National (N) (DVS)		CBC Montreal News (N)		Baroness von Sketch Show	Coronation Street (DVS)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)		Le monde à l'envers (N) (SC)		J.E. (N) (SC)		TVA nouvelles (N)	(:35) Du talent à revendre (N) (SC)	(:(35) ** "La résurrection du Christ" (2016) (DVS) (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Shark Tank A device designed to help save time. (N)		(:01) 20/20 A mom is found dead in her apartment. (N) (DVS)		WMTW News 8 at 11 (N)		(:(35) Jimmy Kimmel Live! (DVS)			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Au suivant Pas de place pour l'improvisation. (N)		Les petits tannants (N) (SC)		Discussions avec mes	Le grand rire de... (N)	Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie		(:34) "Les barbares de La Malbaie" (2019) Premiere.	
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	S.W.A.T. "Cry Foul" Deadly explosions hit oil derricks. (DVS)		Fire Country A hiker falls from a steep cliff. (DVS)		Crime Beat A manhunt leads to a high speed chase. (N)		Global News at 11 (N)		(:35) The Late Show With Stephen Colbert (DVS)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live) (DVS)		etalk (N) (DVS)	The Big Bang Theory (DVS)	Shark Tank A device designed to help save time. (N)		(:01) Transplant "Tariq" Devi's leadership is questioned.		Blue Bloods A man is desperate to find his sister. (DVS)		CTV National News		CTV News Montreal (N)	
WVNY 22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) (DVS)	Shark Tank A device designed to help save time. (N)		(:01) 20/20 A mom is found dead in her apartment. (N) (DVS)		ABC22 News at 11 (N)		(:35) Jimmy Kimmel Live! (DVS)			
WUTV 30	-	-	The Big Bang Theory (DVS)	Judge Judy (DVS)	Judge Judy (DVS)	Family Feud (DVS)	WWE Friday Night SmackDown (N) (Live)				Fox 29 News at 10 (N)		Seinfeld "The Cadillac"	Two and a Half Men (DVS)	Two and a Half Men (DVS)	
CFKS 31	106	726	Souper parfait	(:29) Offre acceptée (N)	Ça c'est drôle!		Sur ta rue (N) (DVS) (SC)	Les justiciers Une jeune femme. (N) (DVS) (SC)		Accro: trouble de dépendances (N) (DVS) (SC)		Noovo Le Fil 22 (N) (SC)	La confrérie (DVS) (SC)	** "Suspense en prolongation" (1995, Action) Jean-Claude Van Damme. (DVS) (SC)		
WUHF	-	363	Modern Family (DVS)	Young Sheldon (DVS)	The Big Bang Theory (DVS)	The Big Bang Theory (DVS)	WWE Friday Night SmackDown (N) (Live) (DVS)				13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)		iCRIME With Elizabeth	The Simpsons (DVS)	Can't Sleep? In Pain?	
WETK	-	-	PBS NewsHour (N) (DVS)		BBC World News Today	Vermont This Week (N)	Washington Week (N) (DVS)	Magic Moments -- The Best of '50s Pop (My Music)		Revisiting the 1950s. (DVS)		Amanpour and Company (N) (DVS)		BBC World News (DVS)		
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N) (DVS)		Mountain Lake Journal	New York Now	Next at the Kennedy Center "The Roots Residency" (N)		Lionel Richie: The Library of Congress Gershwin Prize		BBC World News (DVS)	Amanpour and Company (N) (DVS)		
A&E	615	520	The First 48 A woman is found strangled in her car.		The First 48 Two friends are found executed in a car. (DVS)		The First 48 A teenager's life is cut short. (N) (DVS)		The First 48 Potential spree killer on the loose. (DVS)		(:01) The First 48 A thief kills a man in his home. (DVS)		(:04) The First 48 "Deadly Premonition" (DVS)		(12:03) The First 48 (DVS)	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live) (DVS)		CNN Tonight (N) (Live) (DVS)		Cooper 360	
DISC	520	505	Highway Thru Hell Jamie faces harsh financial realities.		Mayday Flight 296 crashes at air show. (DVS)		Street Outlaws "Blacktop Blues" showdown. (N) (DVS)		The team faces their toughest		Diesel Brothers Time's up for the Diesel Bi-Wheel. (N)		Homestead Rescue The Raneys build a dam. (DVS)		Homestead Rescue (DVS)	
DRAMA	620	523	Chicago P.D. "The Number of Rats" (DVS) (DVS)		Chicago P.D. "There's My Girl" A cafe is bombed. (DVS)		Chicago P.D. A mass shooting takes place. (DVS)		Chicago P.D. The team helps retired Cmdr. Perry. (DVS)		Chicago P.D. The team as-sesses political threats. (DVS)		Chicago P.D. Desk Sgt. Platt cares for a young girl. (DVS)		Chicago P.D. (DVS)	
HIST	522	506	Cheating Hitler: Surviving the share their stories. (DVS) (DVS)		Holocaust Holocaust survivors		The UnXplained Understanding the vast universe. (DVS)		The Proof Is Out There (N) (DVS)		The UnXplained Whether leg-ends of treasures are real.		Beyond Oak Island Treasure of the Whydah shipwreck. (DVS)		The UnX-plained (DVS)	
PARMT	628	584	It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many Murders of Ed Edwards (DVS)		It Was Him: The Many	
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages Deux immeubles disparaissent. (N)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS "Once Upon a Tim" Mc-Gee visits his high school.		NCIS Torres must mentor high school students. (DVS)		FBI A killer targets young, homeless men. (DVS)		** "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively, Peter Sars-gaard. A test pilot joins a band of intergalactic warriors. (DVS) (DVS)				*** "Batman" (1989) Jack Nicholson. (DVS) (DVS)			
SLICE	601	562	The King of Queens (DVS)	The King of Queens (DVS)	Below Deck The aftermath of Camille's firing. (DVS)		Million Dollar Listing Los Angeles (DVS)		The Real Housewives of Cheshire (N) (DVS)		Married at First Sight "Matchmaking in Nashville" A look at the matching process. (N) (DVS) (DVS)				The Real	
TLC	521	560	Extreme Sisters Anna and Lucy double down. (DVS)		MILF Manor One MILF's past stuns everyone. (DVS)		90 Day Fiancé: Happily Ever After? Michael confronts Usman; Jenny goes off. (N) (DVS)		90 Day: Other		Darcey & Stacey Stacey clashes with Florian. (DVS)		90 Day: Other		90 Day Fiancé	
TSN	400	400	SportsCentre (N) (Live) (DVS)		That's Hockey (N)	NBA Basketball	Memphis Grizzlies at Minnesota Timberwolves. (N) (Live) (DVS)		NBA Basketball		Toronto Raptors at Golden State Warriors. (N) (Live) (DVS)					
YOUTH	551	542	SpongeBob	Loud House	"Mary and The Witch's Flower" (2017) Voices of Ruby Barnhill. (DVS)		Danger Force		Star Falls (DVS)	Next Step	Degrassi	Degrassi	Danger Force			

Your week on TV

SATURDAY DAYTIME																	JANUARY 28, 2023			
	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 Saturday Morning (N)  				Lucky Dog (N)  (E)	Innovation Nation	Mission Unstop	Hope in the Wild	College Basketball Xavier at Creighton. From CHI Health Center in Omaha, Neb. (N) 				College Basketball Cincinnati at Houston. From Fertitta Center in Houston. (N)  (Live) 					
WPTZ 5	-	-	(7:00) Today (N) 	News-Kids Edition	Teen Kids News (N)	Ocean Mysteries	Earth Odyssey	Wild Child (N)  (E)	Globetrotters	One Team	Roots Less	The Voyager	Soledad O'Brien	IMSA Weathertech Championship	Figure Skating U.S. Championships. From San Jose, Calif. (N)					
CBMT 6	206	301	(:08) Big Blue 	(:46) Molly of Denali	Dino Ranch 	(:36) PJ Masks 	Kingdom Force 	True Rainbow	Bravest Knight	(:25) Dot 	World Rugby Sevens Series		FIS Freestyle Skiing World Cup		FIS Alpine Ski World Cup		Bobsled and Skeleton			
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Trois fois par	Bien (N) (SC)	Papa mar-teau (N)	Le guide de l'auto	TVA Nouvelles (N)	180 "Le vagabond"	Infopublicité (SC)	(:(45) ** "Jumanji" (1995, Enfants) Robin Williams, Bonnie Hunt, Kirsten Dunst. (DVS) (SC)		"Moine-montagne"				
WMTW 8	-	-	Good Morning America (N)  		Good Morning America (N)  		Wildlife Nation	oh baby! (N) 	Hearts of Heroes (N)	Vets Saving Pets	Teen Kids News (N)	X Games Aspen 2023 (N)  (Live) 		NBA		NBA Basketball: Nuggets at 76ers				
CKSH 9	108	-	L'agent Jean	Monde jurassique	Famille magique	Défense d'entrer!	Les Bien-venu..	L'effet secondaire	Ricardo (SC)	5 chefs dans	Téléjournal	La facture (SC)	Enquête (SC)		Les enquêtes de Murdoch  (DVS) (SC)		Inspecteur Lewis "Une tache indélébile" (SC)			
CKMI 11	-	-	Fish'n Canada	Instill the Catch (N)	Paid Program	Fishful Thinking	Island of Bryan "Sea Change"  (DVS)		Paid Program	Paid Program	Save My Reno	Entertainment Tonight (N)  		"Taking a Shot at Love" (2021, Romance) Alexa PenaVega, Luke Macfarlane.  (DVS)			Rust-Restorers			
CFCF 12	205	312	CTV Your Morning Weekend (N)  		Operation Smile  		Paid Program	Paid Program	Written Canada	Moneytalk (N) 	How It's Made 	Mary Makes It	*** "The Devil Wears Prada" (2006) Meryl Streep. A recent college graduate lands a job at a fashion magazine. 				Corner Gas 			
WVNY 22	-	-	Good Morning America (N)  		Good Morning America (N)  		Paid Program	Paid Program	Paid Program	Paid Program	Sleep & Save \$\$\$		X Games Aspen 2023 (N)  (Live) 				NBA		NBA Basketball: Nuggets at 76ers	
WUTV 30	-	-	Save On Your Grocery Bills!		Nutrisystem - Lose Weight. Feel Great!		Identity Theft	Paid Program	Identity Theft	Paid Program	The National Desk		Women's College Basketball Nebraska at Iowa. (N)  (Live) 				College Basketball Illinois at Wisconsin. (N)			
CFKS 31	106	726	Hollywood rénove (DVS) (SC)		Noovo Le Fil week-end (N) (SC)		RPM "Subaru WRX Sport-Tech 2022"		RPM plus Sylvain Raymond. (SC)		Infopublicité (SC)	Infopublicité (SC)	L'amour est dans le pré (DVS) (SC)		** "Miss Peregrine et les enfants particuliers" (2016) Eva Green. (DVS) (SC)					
WUHF	-	363	Xploration Space	Awesome Planet	Second Chance	Xploration DIY Sci	Identity Theft	Paid Program	Identity Theft	Paid Program	The National Desk (N) (Live) 		Women's College Basketball Nebraska at Iowa. (N)  (Live) 				College Basketball Illinois at Wisconsin. (N)			
WETK	-	-	Eat Your Medicine: The Pegan Diet		Ken Burns: America's Storyteller Tribute to producer Ken Burns.  				Painless With Miranda Edmonde-White		Test Kitchen	Cook's Country	Ed Slott's Retirement Freedom! Planning for retirement. 				Feel Better With Pressure Point Therapy 			
WCFE	-	-	Hero Elementary	Alma's Way (N)	Curious George	Daniel Tiger	Weekend-Yank	Greener World	This Old House (N)	Ask This Old House	Kimball's Milk Street	Sara's Weeknight	Mexican Table	Jacques Pépin	My Greek Table	Cook's Country	Test Kitchen	Lucky Chow 		
A&E	615	520	Zombie House Flipping "Spruce" 		Zombie House Flipping "Orangewood"		Zombie House Flipping "Tampa: Tarpon"		Zombie House Flipping (N) 		Triple Digit Flip (N)  		Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	** "The A-Team" (2010) Liam Neeson.			
CNN	500	500	CNN This Morning		Smerconish (N) 		CNN Newsroom (N)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom			
DISC	520	505	Mayday Flight AirAsia 8501.  (DVS)		Mayday National Airlines Flight 102.		Mayday "Invisible Killer"  (DVS)		Mayday A passenger jet runs out of fuel.		Mayday A flaw on the infamous DC-10 airline.		Mayday "Fanning the Flames"  (DVS)		BattleBots "Shock and Awe" Sixteen bots remain in the BattleBox.   (DVS)					
DRAMA	620	523	Fear Thy Neighbor   (DVS)		Bones Conspiracy surrounds a man's death.		Bones "The Conspiracy in the Corpse" 		Bones "The Lance to the Heart" 		Bones A conservative radio host's murder.		Bones The murder of a video game designer.		Bones Brennan speaks at a convention. 		East New York "By the Book" 			
HIST	522	506	Paid Program 	Border Security	Big Timber "Bridge Over Troubled Water"		Rust Valley Restorers "Secret Stash" 		American Pickers  		Pawn Stars "Pawned Lightnin'"  		Forged in Fire 		Dirty Old Cars  	Dirty Old Cars  	Pawn Stars Do America  			
PARMT	628	584	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master Three Ink Masters coach teams.		Ink Master "Fill'er Up" 		Ink Master "Divine Proportion" 		Ink Master "Step It Up" 		Ink Master "Ink On the Dotted Line" 		Ink Master "Chin Up" 			
RDI	126	730	(6:00) D'abord l'info (N) (SC)				L'info main-tenant	L'info main-tenant	L'info main-tenant	Les décrypteurs	Téléjournal	Téléjournal	Le national	L'info main-tenant	L'info main-tenant	L'info main-tenant	L'info main-tenant	L'info main-tenant		
SHOW	616	521	(7:00) "Gunless" (2010) Sienna Guillory.		*** "Superman Returns" (2006, Adventure) Brandon Routh, Kate Bosworth, James Marsden. The Man of Steel faces Lex Luthor.   (DVS)				** "Green Lantern" (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors.   (DVS)				*** "Batman" (1989) Jack Nicholson.							
SLICE	601	562	Income: Vaca	Income: Vaca	Will & Grace 	Will & Grace 	Will & Grace 	Will & Grace 	Engage-ment	Engage-ment	*** "Out of Sight" (1998) George Clooney. A U.S. marshal falls for an escaped con she must capture.  				*** "Forgetting Sarah Marshall" (2008) Jason Segel.   (DVS)					
TLC	521	560	Hoarding: Buried Alive "They're Crawling" 		Hoarding: Buried Alive "Everything's Junk" 		Hoarding: Buried Alive Linda; Norsk. 		Hoarding: Buried Alive Maggie; Bob.  		Untold Stories of the E.R. "Heart Stings" 		Untold Stories of the E.R. 		Untold Stories of the E.R. "Hooked" 		Untold Stories of the E.R. 			
TSN	400	400	SportsCentre	SportsCentre 	SportsCentre  		SportsCentre  		SportsCentre  		SportsCentre  		Top 10 Games	SC Top 100 Plays of the Year 		SC 	NBA	NBA Basketball: Nuggets at 76ers		
YOUTH	551	542	Sponge.	Sponge.	LEGO City	Loud	Sponge.	Croods	Dragons	Jurassic	** "Storks" (2016) Voices of Andy Samberg.				Monster	Best	Squirrel	Patrick		

SATURDAY EVENING																	JANUARY 28, 2023						
	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	PGA Tour Golf Farmers Insurance Open, Final Round. The field competes in the final round of the Farmers Insurance Open at Torrey Pines. (N) 6										NCIS: Los Angeles "Work & Family" 6		48 Hours 6 6		48 Hours 6 6		Channel 3 News	Beat the Odds (N) 6	The Song (N) 6	
WPTZ 5	-	-	Figure Skating	Horse Racing Pegasus World Cup Invitational. (N) 6			NBC5 News at 6		Nightly News	Jeopardy! 6 6	Wheel of Fortune	The Wall Lisa and Dan take on the wall.		Dateline NBC "The Dead of Night" 6		Saturday Night Live (N) 6 6		NBC5 News	(:29) Saturday Night Live (N) 6				
CBMT 6	206	301	FIS Snowboard World Cup	FIS Freestyle Skiing World Cup		CBC Montreal		Hockey Central	NHL Hockey Montreal Canadiens at Ottawa Senators. From the Canadian Tire Centre in Kanata, Ontario. (N) 6 (Live) 6					NHL Hockey Chicago Blackhawks at Edmonton Oilers. From Rogers Place in Edmonton, Alberta. (N) 6									
CHLT 7	107	718	(3:45) "Le moine venu de la montagne" (2015) Jaycee Chan, Chen Chang. (SC)			TVA Nouvelles (N)		** "Bataille navale" (2012) Taylor Kitsch. La terre est attaquée par une force extraterrestre. (DVS) (SC)					(:01) "Ligne d'attaque" (2019) Dina Meyer. Un policier déshonoré cherche à se repentir.		(:02) TVA Nouvelles		(:32) ** "Mauvais garçons II" (2003)						
WMTW 8	-	-	(3:00) NBA Basketball Denver Nuggets at Philadelphia 76ers. (N)			NBA Basketball New York Knicks at Brooklyn Nets. From Barclays Center in Brooklyn, N.Y. (N) 6					NBA		NBA Basketball Los Angeles Lakers at Boston Celtics. From TD Garden in Boston. (N) 6 (Live) 6					WMTW News 8		The Good Doctor "Middle Ground" 6			
CKSH 9	108	-	(3:00) Inspector Lewis 6 (SC)		La semaine verte (N) (SC)		TJ Estrie		La petite vie	En direct de l'univers (N) (SC)		Il était une forêt "La forêt nourricière" (N)		Ridley Road (N) (DVS) (SC)		Le télé-journal (N)		Doc humanité "Ca-deaux de la vie" (N)		Dre Grey, leçons d'anatomie (N) 6			
CKMI 11	-	-	Rust-Restorers	Property Brothers: Forever Home 6		Carnival Eats		Global News at 6	Global National	The New Reality (N)		Border Security		Private Eyes "Blueprint for Murder"		Nurses Keon confides in a former friend.		Salvage Kings "Island Fights"		Global News		(:29) Saturday Night Live (N) 6	
CFCF 12	205	312	Seinfeld 6	Seinfeld 6	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) 6 (Live) 6		W5 Mexican cartels are selling avocados.		"More Bitter Than Death: An Emma Fielding Mystery" (2018) Courtney Thorne-Smith. 6		After the Storm: A River in the Sky (N)		News-Rinaldo		CTV News Montreal		Big Bang Theory				
WVNY 22	-	-	(3:00) NBA Basketball Denver Nuggets at Philadelphia 76ers. (N)			NBA Basketball New York Knicks at Brooklyn Nets. From Barclays Center in Brooklyn, N.Y. (N) 6					NBA		NBA Basketball Los Angeles Lakers at Boston Celtics. From TD Garden in Boston. (N) 6 (Live) 6					ABC22 News		Weather Gone Viral			
WUTV 30	-	-	College Basketball Illinois at Wisconsin.		College Hoops	College Basketball Arizona at Washington. From Alaska Airlines Arena in Seattle. (N)					College Hoops		College Basketball Ohio State at Indiana. (N) 6 (Live) 6					The National Desk		Name That Tune "Name That TV Star"		Paid Program	
CFKS 31	106	726	"Miss Pere"	** "Ma belle-mère est un monstre" (2005) Jennifer Lopez, Jane Fonda. Premiere. (SC)			** "Commotion" (2015) Will Smith. logue découvre une nouvelle maladie.					Un neuro-		(:45) *** "Double condamnation" (1999) Tommy Lee Jones. Premiere. (DVS) (SC)		(:40) *** "Casino" (1995, Policier) Robert De Niro, Sharon Stone. Premiere. (DVS) (SC)		Robert De Niro, Sharon Stone. Premiere. (DVS) (SC)					
WUHF	-	363	College Basketball Illinois at Wisconsin.		College Hoops	College Basketball Arizona at Washington. From Alaska Airlines Arena in Seattle. (N)				College Hoops		College Basketball Ohio State at Indiana. (N) 6 (Live) 6		News at 10		Big Bang Theory	Name That Tune "Name That TV Star"		National Desk				
WETK	-	-	Daniel O'Donnell and Special Guests 6 6			PBS News Weekend		As Time Goes By	Keep-Appear	Still Open All Hours	My Hero 6 6	Father Brown 6 6		Death in Paradise 6 6		Jamaica Inn (Part 1 of 3)		Austin City Limits "The War on Drugs"		Front Row Boston 6			
WCFE	-	-	Antiques Roadshow 6 (Part 1 of 3) 6		Seeing Canada	Rick Steves Art of Europe 6 6		PBS News Weekend		Mountain Lake	New York Now 6	Midsomer Murders "Let Us Prey" 6		Lucy Worsley Investigates		Silent Witness "Protection: Part 2" 6		Austin City Limits "The War on Drugs"		Caverns Sess			
A&E	615	520	(3:00) ** "The A-Team" (2010, Action) Liam Neeson. 6 6			** "San Andreas" (2015) Dwayne Johnson. A rescue pilot must save his family after an earthquake. 6 6					** "White House Down" (2013, Action) Channing Tatum, Jamie Foxx. Paramilitary soldiers take over the White House. 6 6					(:04) Road Wars 6		(:34) Road Wars 6		"White House"			
CNN	500	500	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Special Report		Stanley Tucci		Stanley Tucci		Stanley				
DISC	520	505	BattleBots "The World Championship Finals" The tournament reaches its climax. 6				BattleBots "Slash and Burn!" Bots from around the globe return. 6 6 (DVS)				BattleBots "I Like Big Bots (That Will Not Die)" More carnage in Sin City by killer bots.				BattleBots "Shock and Awe" Sixteen bots remain in the BattleBox. 6 6 (DVS)				BattleBots 6				
DRAMA	620	523	Bones "The Recluse in the Recliner" 6		Bones "The Conspiracy in the Corpse" 6		Bones "The Lance to the Heart" 6		Bones A conservative radio host's murder.		Bones "The Geek in the Guck" 6		Bones "The Corpse at the Convention" 6		East New York "By the Book" 6		Bones "The Recluse in the Recliner" 6		Bones 6				
HIST	522	506	(3:00) Pawn Stars Do America 6 6		American Pickers 6 6 (DVS)		Dirty Old Cars 6		Dirty Old Cars 6		NCIS: Los Angeles 6 6 (DVS)		NCIS: Los Angeles "Come Together" 6		Shadowland "It's Demonic" (N) 6 6		(:10) Shadowland (N) 6 6		(:15) S.W.A.T. "Stake-out" 6 6 (DVS)		(12:07) S.W.A.T.		
PARMT	628	584	Ink Master "A tag team challenge. 6		Ink Master "Pane in the Glass" 6		Ink Master "Ink Raider"		Ink Master "Some Assembly Required"		Ink Master "Quit Bug-gin' Me" 6		Ink Master "Total Melt-down" 6		Ink Master "Monkey See, Monkey Do"		Ink Master "No Stain, No Gain" 6		Ink Master 6 6				
RDI	126	730	L'info	L'info	Le télé-journal	L'épicerie (N) (SC)	Le télé-journal	Découverte (N) (SC)		(:31) Le national		(:01) Les grands reportages (N) (SC)		Le télé-journal (N)		La facture journal (N) (SC)	Le télé-journal (N)	Le national (N)	Le national (N)	Journal France 2	Le télé-journal		
SHOW	616	521	(3:00) *** "Batman" (1989, Action) Jack Nicholson, Michael Keaton. 6 6 (DVS)			** "Batman Returns" (1992, Action) Michael Keaton. The Catwoman and the Penguin join forces against Batman. 6 6 (DVS)					*** "Superman Returns" (2006, Adventure) Brandon Routh, Kate Bosworth, James Marsden. The Man of Steel faces Lex Luthor. 6 6 (DVS)												
SLICE	601	562	(2:30) *** "Forgetting Sarah Marshall"			** "Just Go With It" (2011) Adam Sandler. A man's careless lie spins out of control. 6 6 (DVS)					*** "Out of Sight" (1998) George Clooney. A U.S. marshal falls for an escaped con she must capture. 6					*** "Forgetting Sarah Marshall" (2008, Romance-Comedy) Jason Segel, Kristen Bell. 6 6 (DVS)							
TLC	521	560	Dr. Pimple Popper 6		Dr. Pimple Popper "Driving Miss Lumphy"		Dr. Pimple Popper (DVS)		Dr. Pimple Popper "Shoulder Boulder"		1000-Lb. Best Friends 6		1000-Lb. Best Friends 6		1000-Lb. Best Friends 6		1000-Lb. Best Friends 6		Best Friends				
TSN	400	400	(3:00) NBA Basketball Denver Nuggets at Philadelphia 76ers. (N)			NBA Basketball New York Knicks at Brooklyn Nets. From Barclays Center in Brooklyn, N.Y. (N) (Live) 6					SC 6		2023 Australian Open Tennis Women's Final. 6					2023 Australian Open Tennis Women's Doubles Final. 6					
YOUTH	551	542	Sponge.	Sponge.	Sponge.	Sponge.	** "Hotel Transylvania" (2012) 6					** "Hotel Transylvania" (2012) 6					The Hardy Boys 6		Degrassi		Degrassi	Danger	

Your week on TV

SUNDAY DAYTIME													JANUARY 29, 2023						
	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N) 			Face the Nation (N) 		You Can Quote Me	(:15) College Basketball Michigan State at Purdue. From Mackey Arena in West Lafayette, Ind. (N)  (Live) 			College Basketball	PBR Bull Riding ZipRe-cruiter Invitational.				
WPTZ 5	-	-	Sunday Today With Willie Geist (N) 		Meet the Press (N) 		NBC 5 In Depth	Soledad O'Brien	Chicago Fire Severide teams up with the OFI.		IMSA Weathertech Sportscar Championship Rolex 24 at Daytona. (N)  (Live) 			Chasing Gold: Paris 2024 (N) 		Figure Skating U.S. Championships. (N)			
CBMT 6	206	301	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Rosemary Barton Live (N)  (Live) 		Our Montreal (N) 		Maamuita-au 	Exhibition-ists	** "Ballerina" (2016, Children's) Voices of Elle Fanning, Nat Wolff. (N)   (DVS)				
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				** "Irremplaçable" (2015, Com. dramatique) Toni Collette, Drew Barrymore. (DVS) (SC)				TVA Nou-velles (N)	La victoire de l'amour		Bien (SC)	* "Vol d'identité" (2013, Comédie) Jason Bateman, Melissa McCarthy, Jon Favreau. (SC)		"Columbo crim"		
WMTW 8	-	-	Good Morning America (N) 		This Week W/ George Stephanopoulos		Soledad O'Brien	TOTAL MAINE	Free Enter-prise	Hearts of Heroes	NFL Inspire Change Special 		X Games Aspen 2023 (N)  (Live) 						
CKSH 9	108	-	L'agent Jean		Les Croods	Makinium (N) (SC)	(:44) Onival (N)		(9:59) Le jour du Sei-gneur (N) (SC)		Les coulisses du pou-voir (N) (SC)		Téléjournal	La semaine verte (SC)		L'épicerie (SC)	Savourer (SC)		Les enquêtes de Foyle "En infiltration"
CKMI 11	-	-	Holmes Makes It Right "Another Storey"			Paid Pro-gram	Paid Pro-gram	Joel Osteen (N)	Paid Pro-gram	The West Block (N)	The New Reality		Property Brothers "Keith and Chiago"		Worst to First A family searches for a home.		Masters of Flip "Nowhere But Up"	Great Chocolate Show-down	
CFCF 12	205	312	Operation Smile 			Cash Cab 	Cash Cab 	Operation Smile 	Church of the Rock	Question Period (N) 		W5 Mexican cartels are selling avocados. 		FOX NFL Kickoff (N)  (Live) 		FOX NFL Sunday (N)  (Live) 		NFL Football: 49ers at Eagles	
WVNY 22	-	-	Good Morning America (N) 			This Week W/ George Stephanopoulos		What Mat-ters	The Key of David	Paid Pro-gram	Never Fear		NFL Inspire Change Special 		X Games Aspen 2023 (N)  (Live) 				
WUTV 30	-	-	The Ernest Angley Hour			FOX News Sunday (N) 		Sharyl Attkisson	The Key of David	Ideal Pro-s-tate	Ideal Pro-s-tate		NFL Championship Chase: Champion.		FOX NFL Kickoff (N)  (Live) 		FOX NFL Sunday (N)  (Live) 		NFL Football: 49ers at Eagles
CFKS 31	106	726	Peur de rien! (N)	Tagliani: à toute		Noovo Le Fil week-end (N) (SC)		RPM La Hyundai Santa Cruz. (N) (SC)		RPM plus On reçoit Guil-laume Andre. (N)		Infopub-licité (SC)	Infopub-licité (SC)		Flashpoint Un mauvais endroit.  (SC)		*** "Haut dans les airs" (2009, Com. dramatique) George Clooney, Vera Farmiga. (SC)		
WUHF	-	363	Science Now 	Sleep?		FOX News Sunday (N) 		Sharyl Attkisson	Rochester Press Box	Go Nitro 	Outdoors-man		NFL Championship Chase: Champion.		FOX NFL Kickoff (N)  (Live) 		FOX NFL Sunday (N)  (Live) 		NFL Football: 49ers at Eagles
WETK	-	-	You, Happier With Daniel Cultivating happiness. 			Amen, MD	The Collagen Diet With Dr. Josh Axe collagen. 		Benefits of		Vermont This Week	Made Here 	Made Here		Next at the Kennedy Center 		Lionel Richie: The Library of Congress		Moments to Remember
WCFE	-	-	Arthur  (EI)	Wild Kratts 	Washing-ton Week	Canada Files 	Mountain Lake	New York Now 	Samantha Br	Seeing Canada 	NOVA The origins of life on Earth. 		Great Performances at the Met "Turandot" Puccini's Turandot. 						Great Per-formances
A&E	615	520	Triple Digit Flip "Plain Box vs. Plain Nasty"		Triple Digit Flip 		Zombie House Flipping 		Zombie House Flipping "Tampa: Jean"		Zombie House Flipping 		The First 48 "The Other Wife" 		The First 48 "Trust No One; Risky Business"		The First 48 "A Murder in Mobile" 		
CNN	500	500	Inside Politics		State of Union		Fareed Zakaria GPS		CNN Newsroom		State of Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		
DISC	520	505	Mayday "Air India: Explo-sive Evidence"		Mayday "Mixed Signals"  (DVS)		Mayday The Eastern Airline Flight 401 crash.		Mayday Two planes on a collision course.		Mayday "Ripped Apart"  (DVS)		Mayday "Fatal Flaw"  (DVS)		Lone Star Law "Moving Target"		Lone Star Law Pulling in an illegal gill net.		
DRAMA	620	523	Chicago Fire "Regarding This Wedding" 		Chicago Fire "2112"  		Chicago Fire "Sharp Elbows"  (DVS)		Chicago Fire "When Tortoises Fly" 		Chicago Fire Patterson fills in for Boden. 		Chicago Fire Chili's be-havior draws concern.		Chicago Fire "I Walk Away"  (DVS)		Chicago Fire "Your Day Is Coming" 		
HIST	522	506	Paid Pro-gram 	Paid Pro-gram 	Pawn Stars Do America Finding gems in the Emerald city. 		"Emerald City Adventures" (N) (SC)		The Toys That Built America  (DVS)		NCIS: Los Angeles  (DVS)		NCIS: Los Angeles "Come Together" 		S.W.A.T. "Stakeout" 		S.W.A.T. "The Black Hand Man" 		
PARMT	628	584	Bar Rescue "Brawlin' Babes" 		Bar Rescue 		Bar Rescue Taffer visits a bar in a roller rink.		Bar Rescue "Silence of the Ants" 		Bar Rescue "Reckless Roundhouse" 		Bar Rescue "All Blaze, No Glory" 		Bar Rescue 		Bar Rescue "Life's a Beach" 		
RDI	126	730	(6:00) D'abord l'info (N) (SC)				L'info main-tenant		L'info main-tenant	Les coulisses du pou-voir (N) (SC)		Téléjournal	Téléjournal	Les décrypteurs	L'info main-tenant	L'info main-tenant	L'info main-tenant	L'info main-tenant	
SHOW	616	521	"Smart Cookies"		** "The F Word" (2013, Romance-Comedy) Daniel Radcliffe, Zoe Kazan.   (DVS)				** "Batman Forever" (1995, Action) Val Kilmer. Batman faces threats from the Riddler and Harvey Two-Face. 				NCIS "Docked" A man dies on a cruise ship.		NCIS: Hawai'i "Lost" 		NCIS: Los Angeles "Blood Bank" 		
SLICE	601	562	Income: Vaca	Income: Vaca	Will & Grace 	Will & Grace 	Engage-ment	Engage-ment	*** "Forgetting Sarah Marshall" (2008) Jason Segel. A musi-cian encounters his ex and her new lover in Hawaii.				** "Charlie St. Cloud" (2010, Drama) Amanda Crew.   (DVS)		Zac Efron, "Just Go With It" 				
TLC	521	560	Four Weddings "... And a Mechanical Bull"		Four Weddings Arriving in a swamp buggy.		After the 90 Days		After the 90 Days	After the 90 Days	After the 90 Days	After the 90 Days	Darcey & Stacey 		Extreme Sisters Anna and Lucy double down.		1000-Lb. Sisters "The Sweet and Sour Life"		
TSN	400	400	SportsCentre 		SportsCentre 		SportsCentre 		SportsCentre 		SportsCentre 		NFL Countdown (N) (Live) 				Women's College Basketball		
YOUTH	551	542	Sponge.	Sponge.	Super	*** "Sing" (2016) Voices of Matthew McConaughey. 				** "Hotel Transylvania" (2012)   (DVS)				Barbie		Super	Squirrel	Patrick	

SUNDAY EVENING														JANUARY 29, 2023						
	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	-	-	H2O X5	The Incredible Dog Challenge 66	Identity Theft	The NFL Today (N)	NFL Football Cincinnati Bengals at Kansas City Chiefs. (N) 66 (Live) 66							Fire Country "Two Pink Lines" (N) 66		Channel 3 News	Investigate TV	Game Time		
WPTZ 5	-	-	(3:00) Figure Skating U.S. Championships. From San Jose, Calif. (N) 66 (Live) 66			NBC5 News at 6	Nightly News	*** "Sing" (2016) Voices of Matthew McConaughey, Reese Witherspoon. 66 66			America's Got Talent: All-Stars "Auditions 3" Winners, finalists and more audition. 66			NBC5 News		Soledad O'Brien	9-1-1 "Fools"			
CBMT 6	206	301	Escape to the Country "Somerset" (N) 66	The Great Canadian Baking Show 66		High Arctic 66 (DVS)	Haulers 66	Heartland "After the Ever After" (N) 66	"Unloved: Huronia's Forgotten Children" (2022) Premiere. 66 66 (DVS)			The National (N) 66 66		CBC Montreal	Maamuita-au 66	Freestyle Ski.				
CHLT 7	107	718	(3:32) ** "Columbo: criminologie appliquée" (1990) Peter Falk.	Poule-oeufs	TVA Nouvelles (N)	Vlog (N) (SC)	La voix "Les auditions à l'aveugle" Les coachs choisissent les chanteurs. (N) (SC)		La vraie nature (N) (SC)			TVA Nouvelles (N)	Le dernier Felquiste "Octobre '70" (SC)		(:34) "Jappeloup" (2013, Drame) (SC)					
WMTW 8	-	-	Australian Open Highlights (N) 66	Our America	MyDestination.TV	WMTW News 8 at	World News	America's Funniest Home Videos 66		*** "The Avengers" (2012, Action) Robert Downey Jr. Superheroes join forces to save the world from an unexpected enemy. 66			WMTW News 8		Soledad O'Brien	The Rookie 66				
CKSH 9	108	-	(3:00) Les enquêtes de Foyle (SC)	Culturama "Fonceuses" (N)		TJ Estrie	Découverte (N) (SC)	Les aventures du		Tout le monde en parle (N) (DVS) (SC)			(:18) Le téléjournal		(10:55) Infoman		(:25) ** "Magie au clair de lune" (2014)			
CKMI 11	-	-	Scott's Vacation House Rules	48 Hours 66 66		Global News at 6	Global National	Border Security	** "Mamma Mia! Here We Go Again" (2018) Amanda Seyfried, Lily James. Premiere. 66 (DVS)			Fire Country "Two Pink Lines" (N) 66		Global News	The West Block	Global National				
CFCF 12	205	312	(3:00) NFL Football San Francisco 49ers at Philadelphia Eagles. (N) 66 (Live) 66			The NFL Today (N)	NFL Football Cincinnati Bengals at Kansas City Chiefs. (N) 66 (Live) 66							The Spencer Sisters (Series Premiere) (N)		News-Rinaldo	CTV News Montreal	Big Bang Theory		
WVNY 22	-	-	Australian Open Highlights (N) 66	Paid Program	Paid Program	World News	ABC22 News	America's Funniest Home Videos 66		*** "The Avengers" (2012, Action) Robert Downey Jr. Superheroes join forces to save the world from an unexpected enemy. 66			ABC22 News		Graham Bensinger	Graham Bensinger				
WUTV 30	-	-	(3:00) NFL Football San Francisco 49ers at Philadelphia Eagles. (N) 66 (Live) 66			NFL Post-game	Raw Travel 66	Hell's Kitchen "The Fab Five Take Flight"		Special Forces: World's Toughest Test The recruits arrive for training. 66 66 (DVS)			The National Desk		Sharyl Attkisson	Big Bang Theory	Big Bang Theory			
CFKS 31	106	726	(:15) ** "Es-tu là?" (2013, Com. dramatique) Owen Wilson, Zach Galifianakis, Amy Poehler. (SC)			NFL Post-game	(:29) Big Brother Célébrités (N)	Big Brother		Juste pour rire présente: les galas		** "Jamais entre amis" (2015) Jason Sudeikis, Alison Brie. Premiere. (DVS) (SC)		"Je veux ton bébé..." (2018) Christie Burson. Premiere.						
WUHF	-	363	(3:00) NFL Football San Francisco 49ers at Philadelphia Eagles. (N) 66 (Live) 66			NFL Post-game	Rochester Press Box	Hell's Kitchen "The Fab Five Take Flight"		Special Forces: World's Toughest Test The recruits arrive for training. 66 66 (DVS)			News at 10	Sharyl Attkisson	The National Desk (N) (Live) 66		Big Bang Theory			
WETK	-	-	(3:00) Moments to Remember (My Music Presents) 66 66	PBS News Weekend		Scotland's Scenic Railways 66 66	Midsomer Murders "Schooled in Murder"		Miss Scarlet and the Duke on Masterpiece		All Creatures Great and Small		Vienna Blood (N) 66 (Part 2 of 2) 66		The Hunter Bagarella triggers a war. 66		Miss Scarlet			
WCFE	-	-	(3:30) Great Performances at the Met "Lucia Di Lammermoor" Nadine Sierra is Lucia di Lammermoor. 66			Actors on Actors	Death in Paradise 66 66		Miss Scarlet and the Duke on Masterpiece		All Creatures Great and Small		Vienna Blood (N) 66 (Part 2 of 2) 66		The Hunter 66		Midsomer Murders			
A&E	615	520	The First 48 "Shattered Glass" 66	The First 48 Man shot in his home. 66		The First 48 66 66	The First 48 "Bad Driver" 66 66		The First 48 "Chain of Death" A woman and her friend are gunned down. 66 66			(:01) The First 48 "Snatched" 66 66		(:04) The First 48 66 66		The First 48 66				
CNN	500	500	CNN Newsroom	CNN Newsroom		CNN Newsroom	Who's Talking		CNN Newsroom			Anthony Bourd.		Anthony Bourd.		Anthony Bourd.				
DISC	520	505	Lone Star Law "Roadside Sting"	Lone Star Law "Gator Showdown"		Gold Rush "Gremlins" 66 (DVS)	Heavy Rescue: 401 66 (DVS)		Dirty Jobs Mike Rowe harvests caviar. (N)			Sewer Divers "Goo Deja Vu" (N)		End of the Rope 66		Heavy Rescue: 401 66 (DVS)		Dirty Jobs 66		
DRAMA	620	523	Chicago Fire 66 66 (DVS)	Chicago Fire "2112" 66 (DVS)		Chicago Fire "Sharp Elbows" 66 66	Chicago Fire "When Tortoises Fly" 66		Leverage: Redemption 66 66 (DVS)			Chicago Fire "The Beating Heart" 66		Chicago Fire "I Walk Away" (DVS)		Chicago Fire "Your Day Is Coming" 66		Chicago Fire 66		
HIST	522	506	S.W.A.T. "Memento Mori" 66 (DVS)	American Pickers "Picking Larry Land"		The Toys That Built America 66	Forged in Fire "The Notorious Naga" 66		Forged in Fire "Friend or Foe" 66			Beyond Oak Island (N) 66 66		The Curse of Oak Island "The Blob" (N)		Beyond Oak Island 66 66		Curse-Island		
PARMT	628	584	Bar Rescue "Beast Rescue" 66	Bar Rescue 66		Bar Rescue "Viva La Casona" 66	Bar Rescue "Doing it for Dad" 66		Bar Rescue "Behind the 8 Ball" 66			Bar Rescue "Working to Death" 66		Bar Rescue "A Bar to Take Pride In" 66		Bar Rescue "Ace's Wild" 66		Bar Rescue 66		
RDI	126	730	L'info	L'épicerie (SC)	Le télé-journal	La facture (SC)	Le télé-journal	Enquête (N) (SC)		(:31) Le national		(:01) La semaine verte (N) (SC)		Le télé-journal (N)	Les coulisses du pouvoir (SC)		Le national (N)	Le national (N)	Journal France 2	Le télé-journal
SHOW	616	521	FBI Maggie goes under cover. 66	CSI: Vegas "Eyeballs" 66 (DVS)		*** "Star Wars: Episode III – Revenge of the Sith" (2005, Science Fiction) Ewan McGregor, Natalie Portman. 66 66 (DVS)			Irreverent "The Wisdom of Mack" (N) 66			(:05) * "Batman & Robin" (1997) Arnold Schwarzenegger. The dynamic duo returns to take on an icy villain.								
SLICE	601	562	(3:30) ** "Just Go With It" (2011) Adam Sandler, Jennifer Aniston. 66 66 (DVS)			** "Charlie St. Cloud" (2010, Drama) Zac Efron, Amanda Crew. 66 66 (DVS)		The Real Housewives of Potomac (N) 66			Family Karma "Holi Moly" (N) 66 66		Neighborhood	Neighborhood	The Real Housewives of Potomac 66 66		Family Karma 66			
TLC	521	560	1000-Lb. Sisters 66		90 Day Fiancé: The Other Way 66		90 Day Fiancé: The Other Way Counting down to the new season. (N) 66			90 Day Fiancé: The Other Way Jen has hopes for an Indian wedding. 66			(:02) MILF Manor The daters must dance.		(:02) 90 Day Fiancé: The Other Way (N)		90 Day: Other			
TSN	400	400	Women's College Basketball	SC Funniest Mo		SC Top 100 the Year 66	Plays of	Top 10 Games	Premier Hockey Federation All-Star Game. (N) (Live) 66					SportsCentre (N) (Live) 66		SportsCentre (N) (Live) 66		SC 66	SC With Jay Onrait	
YOUTH	551	542	Sponge.	Sponge.	Sponge.	Sponge.	*** "Sing" (2016) Voices of Matthew McConaughey.					*** "Sing" (2016) Voices of Matthew McConaughey.					Degrassi	Degrassi	Danger	

Your week on TV

MONDAY EVENING													JANUARY 30, 2023		
	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 Neighbor-hood	Bob Hearts Abishola	NCIS Torres continues therapy with Dr. Grace.	NCIS: Hawai'i "Stolen Valor" Whistler goes under cover.	Channel 3 News	(:35) The Late Show With Stephen Colbert	(:35) The Late Show With Stephen Colbert		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	America's Got Talent: All-Stars	"Auditions 5" Winners, finalists and more audition. (N)	Quantum Leap Ben leaps into an explosive situation.	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)		
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	Murdoch Mysteries "Honey-moon in Hampshire"	Around the World in 80 Days (N) (DVS)	The National (N)	CBC Montreal News (N)	Maamuitaa	Coronation Street		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	L'échappée Félix mène sa petite enquête. (N) (SC)	Alertes La pression monte pour l'escouade. (N) (SC)	TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)	(:05) La joute (N) (SC)	(12:05) *** "Top Gun"	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Bachelor (N)		(:01) The Good Doctor "The Good Boy" (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N)	(:35) Jimmy Kimmel Live! (N)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	L'oeil du cyclone (N)	5e rang Grande réunion au Carré Vert. (N) (DVS) (SC)	Doute raisonnable "Captive" Dorcey doit trancher. (N)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) On va se le dire	(:34) On va se le dire		
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	Fantasy Island (N) (DVS)	NCIS Torres continues therapy with Dr. Grace.	NCIS: Hawai'i "Stolen Valor" Whistler goes under cover.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	(:35) The Late Show With Stephen Colbert		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (Live)	etalk (N)	The Big Bang Theory	Children Ruin Everything (N)	Bob Hearts Abishola	Alert: Missing Persons Unit (N) (DVS)	(:01) The Good Doctor "The Good Boy" (N) (DVS)	CTV National News	CTV News Montreal (N)	(12:05) The Daily Show		
WVNY	22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N)	The Bachelor (N)		(:01) The Good Doctor "The Good Boy" (N) (DVS)	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (N)	(:35) Jimmy Kimmel Live! (N)		
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	Fantasy Island (N) (DVS)	Alert: Missing Persons Unit (N) (DVS)	The National Desk	The National Desk	Seinfeld "The Friars Club"	Two and a Half Men	Two and a Half Men	
CFKS	31	106	726	Souper parfait	Big Brother Célébrités (N)	Ça c'est drôle! (N)	La confrérie (N)	Les imposteurs Rachid reçoit Mélissa Désormaux-Poulin.	La semaine des 4 Julie (N) (DVS) (SC)	(9:59) Noovo Le Fil 22 (N)	Les débats	Big Brother Célébrités	Chicago Police Ruzek disparaît.	Le père de	
WUHF	-	363		Young Sheldon	Hire Me, Rochester	The Big Bang Theory	The Big Bang Theory	Fantasy Island (N) (DVS)	Alert: Missing Persons Unit (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME With Elizabeth	The Simpsons	Paid Program		
WETK	-	-		PBS NewsHour (N)	BBC World News Outside	This Old House	Antiques Roadshow Angel Botello oil painting. (N)	Antiques Roadshow A Joe Louis-signed whiskey bottle.	Independent Lens "The Picture of photographer Ernest Withers. (N)	Independent Lens "The Picture of photographer Ernest Withers. (N)	Taker "The life of photographer Ernest Withers. (N)	Amanpour and Company (N)	Amanpour and Company (N)		
WCFE	-	-		World News America	BBC World News Outside	PBS NewsHour (N)	Antiques Roadshow Angel Botello oil painting. (N)	Antiques Roadshow A Joe Louis-signed whiskey bottle.	Independent Lens "The Picture of photographer Ernest Withers. (N)	Independent Lens "The Picture of photographer Ernest Withers. (N)	Taker "The life of photographer Ernest Withers. (N)	Amanpour and Company (N)	Amanpour and Company (N)		
A&E	615	520		The First 48 Miami shooting; fatal stabbing.	The First 48 A father is gunned down in a strip club.	The First 48 A father is gunned down in a strip club.	The First 48 A young man is killed walking home.	The First 48 Woman killed with knife; patriarch shot.	(:01) The First 48 A feud threat-ens a neighborhood.	(:04) The First 48 A football player is gunned down.	(12:03) The First 48				
CNN	500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360				
DISC	520	505		Highway Thru Hell "Closure Is Not an Option"	Mayday The 1991 collision of two planes. (DVS)	Chicago Fire Casey reconsid-ers his run for alderman.	Chicago Fire Casey reconsid-ers his run for alderman.	The Curse of Oak Island "The Blob" (N)	American Pickers Jack White unveils his quest. (N)	Pawn Stars Do America "Em-erald City Adventures"	American Pickers Jack White unveils his quest.	Pawn Stars Do America			
DRAMA	620	523		Chicago Fire Severide tries to talk to Chili. (DVS)	Chicago Fire An unusual call from another firehouse.	Chicago Fire Casey reconsid-ers his run for alderman.	Chicago Fire Casey reconsid-ers his run for alderman.	The Curse of Oak Island "The Blob" (N)	American Pickers Jack White unveils his quest. (N)	Pawn Stars Do America "Em-erald City Adventures"	American Pickers Jack White unveils his quest.	Pawn Stars Do America			
HIST	522	506		American Pickers Combing through Larry Land.	Beyond Oak Island Matty and Tony rejoin the search.	The Curse of Oak Island "The Blob" (N)	American Pickers Jack White unveils his quest. (N)	American Pickers Jack White unveils his quest. (N)	Pawn Stars Do America "Em-erald City Adventures"	American Pickers Jack White unveils his quest.	Pawn Stars Do America				
PARMT	628	584		Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle	Lip Sync Battle
RDI	126	730		(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	Les grands reportages Deux couples sont soupçonnés.	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal (N) (SC)	Le téléjournal (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (SC)	(12:01) 24/60 (SC)		
SHOW	616	521		FBI "Allegiance" A shooter targets detectives.	FBI "Gone Baby Gone" A young girl is kidnapped.	FBI: Most Wanted The team is thrown for a loop.	The Calling "The Horror" Avi searches Vincent's building.	Below Deck (N)	Below Deck Adventure "Crazy Rich Charter Guests"	After the 90 Days	After the 90 Days	MILF Manor The daters must dance.	SC With Jay Onrait (N)		
SLICE	601	562		The King of Queens	Family Karma The family buzzes over the engagement.	Darcey & Stacey Stacey clashes with Florian.	That's Hockey SC	NBA Basketball Toronto Raptors at Phoenix Suns. From Footprint Center in Phoenix. (N) (Live)	SportsCentre (N)	SportsCentre (N)	SC With Jay Onrait (N)				
TLC	521	560		Extreme Sisters Anna and Lucy double down.	Darcey & Stacey Stacey clashes with Florian.	That's Hockey SC	NBA Basketball Toronto Raptors at Phoenix Suns. From Footprint Center in Phoenix. (N) (Live)	SportsCentre (N)	SportsCentre (N)	SC With Jay Onrait (N)					
TSN	400	400		SportsCentre (N) (Live)	That's Hockey SC	NBA Basketball Toronto Raptors at Phoenix Suns. From Footprint Center in Phoenix. (N) (Live)	SportsCentre (N)	SportsCentre (N)	SC With Jay Onrait (N)						
YOUTH	551	542		Loud House	Danger Force	★ ★ "Hotel Transylvania" (2012) Voices of Adam Sandler.	Hates Chris	Loud House	Loud House	Next Step	Degrassi	Degrassi	Hates Chris		

TUESDAY EVENING													JANUARY 31, 2023		
	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)	FBI "Victim" A series of brutal assaults.	FBI: International A predator extorts underage girls.	FBI: Most Wanted A killer is targeting IRS offices.	Channel 3 News	(:35) The Late Show With Stephen Colbert	(:35) The Late Show With Stephen Colbert			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Night Court (N)	American Auto (N)	La Brea The Harrises return to 10,000 B.C. (N)	La Brea A survivor is murdered. (N) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	This Hr. Has 22 Minutes	Son of a Critch (N)	Workin' Moms (N)	Catastrophe "Episode 5"	CBC Montreal News (N)	This Hr. Has 22 Minutes	Coronation Street	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	Les bracelets rouges "Seul" (N) (SC)	Nous Camille est témoin d'un contact. (N) (SC)	TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)	(:05) La joute (N) (SC)	(12:05) "Jason Bourne"	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Rookie A shooting hits too close to home. (N)	The Rookie: Feds A billion-aire's daughter goes missing.	Will Trent "The Look Out" The murder of a local realtor.	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N)	(:35) Jimmy Kimmel Live! (N)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	La facture (N) (SC)	À cœur battant Christophe a trouvé une résidence. (N)	Larry "Le meurtre" France a peur de son mari. (N)	Le téléjournal (N) (SC)	(:05) Le télé-journal Estrie	(:34) On va se le dire	(:34) On va se le dire		
CKMI	11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	FBI "Victim" A series of brutal assaults. (DVS)	FBI: International A predator extorts underage girls.	FBI: Most Wanted A killer is targeting IRS offices.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	(:35) The Late Show With Stephen Colbert		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (Live)	The Rookie A shooting hits too close to home. (N)	9-1-1: Lone Star (N) (DVS)	The Rookie A shooting hits too close to home. (N)	The Rookie: Feds A billion-aire's daughter goes missing.	Will Trent "The Look Out" The murder of a local realtor.	Will Trent "The Look Out" The murder of a local realtor.	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (N)	(:35) Jimmy Kimmel Live! (N)		
WVNY	22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N)	The Rookie A shooting hits too close to home. (N)	The Rookie: Feds A billion-aire's daughter goes missing.	Will Trent "The Look Out" The murder of a local realtor.	ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! (N)	(:35) Jimmy Kimmel Live! (N)		
WUTV	30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	9-1-1: Lone Star (N) (DVS)	(:01) Accused A teen is suspi-cious of his mom's death.	The National Desk	The National Desk	Seinfeld "The Wig Master"	Two and a Half Men	Two and a Half Men	
CFKS	31	106	726	Souper parfait	Big Brother Célébrités (N)	Ça c'est drôle! (N)	Contre-offre (N)	Virage: Double faute La vie de Charles est un échec. (N)	La semaine des 4 Julie (N) (DVS) (SC)	(9:59) Noovo Le Fil 22 (N)	Les débats	Big Brother Célébrités	Chicago Police Upton rend visite à une famille.		
WUHF	-	363		Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	9-1-1: Lone Star (N) (DVS)	(:01) Accused A teen is suspi-cious of his mom's death.	13WHAM News at 10 on Fox Rochester (N) (Live)	iCRIME With Elizabeth	The Simpsons	Paid Program		
WETK	-	-		PBS NewsHour (N)	BBC World News Outside	Ask This Old House	Finding Your Roots With Henry Louis Gates, Jr. (N)	Fight the Power: How Hip-Hop Changed the World	Frontline Putin clashes with American presidents. (N)	Frontline Putin clashes with American presidents. (N)	Amanpour and Company (N)	BBC World News	Amanpour and Company (N)		
WCFE	-	-		World News America	BBC World News Outside	PBS NewsHour (N)	Finding Your Roots With Henry Louis Gates, Jr. (N)	Fight the Power: How Hip-Hop Changed the World	Frontline Putin clashes with American presidents. (N)	Frontline Putin clashes with American presidents. (N)	Amanpour and Company (N)	BBC World News	Amanpour and Company (N)		
A&E	615	520		Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars
CNN	500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight (N) (Live)	CNN Tonight (N) (Live)	Cooper 360				
DISC	520	505		Highway Thru Hell "New Hope" (DVS)	Mayday A Korean passenger plane shot down.	Gold Rush Dave's team digs into virgin ground.	Gold Rush Tony makes a mammoth discovery. (N)	Chicago Med Detectives ques-tion Dr. Crockett.	Chicago Med Dr. Manning and Dr. Marcel disagree.	Chicago Med Dr. Manning and Dr. Marcel disagree.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	
DRAMA	620	523		Chicago Med Relationships are put to the test.	Chicago Med Halstead's past mistakes resurface.	Chicago Med Dr. Charles evaluates a teen.	Chicago Med Dr. Charles evaluates a teen.	Chicago Med Detectives ques-tion Dr. Crockett.	Chicago Med Dr. Manning and Dr. Marcel disagree.	Chicago Med Dr. Manning and Dr. Marcel disagree.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	Chicago Med A patient pre-tends to be someone else.	
HIST	522	506		Pawn Stars A Jason Aldean neon light. (DVS)	American Pickers Jack White unveils his quest.	Pawn Stars Do America "Em-erald City Adventures"	Pawn Stars Do America "Em-erald City Adventures"	Pawn Stars Do America "National Treasures" Heading to the nation's capital. (N)	Ink Master: Angels The Angels visit Albuquerque, N.M.	Ink Master: Angels The Angels visit Albuquerque, N.M.	Ink Master: Angels "Can't Nail a Cactus"	Ink Master: Angels "Can't Nail a Cactus"	Ink Master: Angels		
PARMT	628	584		Ink Master: Angels "The Big-gest Little City in the World"	Ink Master: Angels Megan Jean Morris guest judges.	Les grands reportages Con-quérir l'espace. (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	NCIS Jimmy is asked to tamper with evidence.	The Real Housewives of Salt Lake City "Reunion Part 1"	The Real Housewives of Salt Lake City "Reunion Part 1"	Extreme Sisters Ashley and Vee risk losing their family.	1000-Lb. Sisters			
RDI	126	730		(5:55) Zone économie (N) (SC)	24/60 (N) (SC)	1000-Lb. Sisters Amy's big surprise stuns everyone.	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)					
SHOW	616	521		NCIS Kasie solves a 30-year-old cold case. (DVS)	NCIS The team finds a secret bank account. (DVS)	NCIS: Hawai'i An experimental naval aircraft crashes.	Below Deck Adventure "Crazy Rich Charter Guests"	Below Deck Adventure Faye faces her toughest test yet.	1000-Lb. Sisters Tammy hits a tipping point at rehab. (N)	1000-Lb. Sisters Tammy hits a tipping point at rehab. (N)					
SLICE	601	562		The King of Queens	The King of Queens	Below Deck	Below Deck Adventure "Crazy Rich Charter Guests"	Below Deck Adventure Faye faces her toughest test yet.	1000-Lb. Sisters Tammy hits a tipping point at rehab. (N)	1000-Lb. Sisters Tammy hits a tipping point at rehab. (N)					
TLC	521	560		I Am Jazz Jazz's friend has an announcement.	1000-Lb. Sisters Amy's big surprise stuns everyone.	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)					
TSN	400	400		SportsCentre (N) (Live)	That's Hockey (N)	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball Los Angeles Lakers at New York Knicks. From Madison Square Garden in New York. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)	NBA Basketball New Orleans Pelicans at Denver Nuggets. From Ball Arena in Denver. (N) (Live)					
YOUTH	551	542		Dragons Nine	Kamp Koral	"Ozzy" (2016) Voices of Jeff Foxworthy. (N) (DVS)	Hates Chris	Make It Pop	Make It Pop	Next Step	Degrassi	Degrassi	Hates Chris		

Your week on TV

WEDNESDAY EVENING													FEBRUARY 1, 2023		
	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 Price Is Right at Night (N) 6		Lingo "Episode 4" (N) 6		Tough as Nails Shrink wrapping a large container. (N) 6		Channel 3 News	(:35) The Late Show With Stephen Colbert 6	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) 6	Wheel of Fortune (N) 6	Chicago Med Charles and Cuevas clash. 6 (DVS)		Chicago Fire Kidd glimpses Carver's personal life. 6		Chicago P.D. Torres works a case in his neighborhood. 6		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon 6	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report 6	Coronation Street (N) 6	Family Feud Canada (N)	Still Standing (N) 6	Run the Burbs (N) 6	Pretty Hard Cases "Fish Called David" (N) 6		The National (N) 6		CBC Montreal News (N)	Land and Sea 6	Coronation Street 6
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	Les moments parfaits "Le déni en option" (N) (SC)		Léo (N) (SC)	Le bonheur (N) (SC)	TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)		* "Holmes et Watson"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 6	Jeopardy! (N) 6	Schoolhouse Rock! 50th Anniversary Singalong (N) 6		Abbott Elementary 6	(:31) Abbott Elementary	Soul of a Nation Presents: Black in Vegas (N) 6		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! 6	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (DVS) (SC)		Sans rendez-vous (N)	Les mecs (N) (DVS) (SC)	Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire	
CKMI 11	-	-	Global National (N) 6	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	Accused A teen is suspicious of his mom's death. (N) 6		Abbott Elementary 6	(:31) Abbott Elementary	Tough as Nails Shrink wrapping a large container. (N) 6		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) 6	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6 (Live) 6		etalk (N) 6 6	The Big Bang Theory 6	The Conners (DVS)	Night Court (N) 6	Lingo "Episode 4" (N) 6 6		La Brea The Harrises return to 10,000 B.C. (N) 6		CTV National News	CTV News Montreal (N)	(12:05) The Daily Show
WVNY 22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) 6 6	Schoolhouse Rock! 50th Anniversary Singalong (N) 6		Abbott Elementary 6	(:31) Abbott Elementary	Soul of a Nation Presents: Black in Vegas (N) 6		ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! 6 6	
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6 6	Judge Judy 6 6	Family Feud (N) 6 6	Name That Tune (N) 6 6 (DVS)		Special Forces: World's Toughest Test (N) 6		The National Desk	The National Desk	Seinfeld "The Calzone" 6	Two and a Half Men 6	Two and a Half Men 6
CFKS 31	106	726	Souper parfait	Big Brother Célébrités (N)	Ca c'est drôle! (N)	Complètement Lycée	L'empereur Marilou prend son destin en main. (N)		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débats	Big Brother Célébrités	Chicago Police poursuit un voleur en série.	Une équipe
WUHF	-	363	Modern Family 6 6	Young Sheldon 6	The Big Bang Theory 6 6	The Big Bang Theory 6 6	Name That Tune (N) 6 6 (DVS)		Special Forces: World's Toughest Test (N) 6		13WHAM News at 10 on Fox Rochester (N) (Live) 6		iCRIME With Elizabeth	The Simpsons 6	Paid Program 6
WETK	-	-	PBS NewsHour (N) 6 6		BBC World News Outside	Curious Traveler 6 6	Nature Life at a waterhole in Africa. 6 6 (DVS)		NOVA Subterranean railroad under London. 6 (DVS)		Secrets of the Dead The legend of King Arthur. 6 6		Amanpour and Company (N)	BBC World News 6	
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) 6 6		Nature Life at a waterhole in Africa. 6 6 (DVS)		NOVA Subterranean railroad under London. 6 (DVS)		Secrets of the Dead The legend of King Arthur. 6 6		BBC World News 6	Amanpour and Company (N) 6 6	
A&E	615	520	The First 48 Slayings in Cleveland and Miami. 6		The First 48 A man is found dead in his bedroom. 6		The First 48 A parking lot drug deal turns deadly. 6		The First 48 Two fatal shootings are investigated. 6		(:01) The First 48 A tenant's eviction does not go well. 6		(:04) The First 48 Detectives investigate a murder. 6	(12:03) The First 48 6	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live) 6		CNN Tonight (N) (Live) 6	Cooper 360	
DISC	520	505	Highway Thru Hell Jamie is powerless to help in a storm.		Mayday "Cold Case" A design flaw causes crashes.		Lone Star Law A K-9 tracker sniffs out evidence. (N)		Moonshiners "Brazilian Boot-leg" (N) 6 6		Moonshiners: Master Distiller "Billion Buck Booze"		Homestead Rescue The Raneys find a bear den. 6	Homestead Rescue	
DRAMA	620	523	Bones Brennan works with Aubrey. 6 6 (DVS)		Bones In the 1950s, Brennan is a detective. 6 (DVS)		Bones The team investigates a psychic's death. 6		Leverage: Redemption "The Museum Makeover Job" 6		Bones Investigation into a maid's death. 6 (DVS)		Bones Team investigates hedge fund company. 6	Bones 6 6 (DVS)	
HIST	522	506	Dirty Old Cars 6	Dirty Old Cars 6	Pawn Stars Do America "National Treasures" Heading to the nation's capital. 6 6				Forged in Fire Revisiting five championship rounds. (N) 6		Dirty Old Cars (N) 6	Dirty Old Cars (N) 6	Forged in Fire Revisiting five championship rounds. 6	Dirty Old Cars 6 6	
PARMT	628	584	Deadliest Warrior "Viking vs. Samurai" 6		Deadliest Warrior Hitler's troops battle the Viet Cong.		Deadliest Warrior Attila the Hun vs. Alexander the Great.		Deadliest Warrior Monk and Maori. 6		Deadliest Warrior A Persian Immortal vs. Celt. 6		Deadliest Warrior High-seas marauder vs. armored man.	Deadliest Warrior 6	
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages "Benoît XVI, défenseur de la foi"		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	FBI The team investigates a Muslim's murder. 6		FBI "Ambition" An anti-gun lobbyist building is bombed.		CSI: Vegas "Long Pig" A body is found in a luau pit.		Pennyworth: The Origin of Batman's Butler (N) 6		(:10) FBI A terrorist group is planning an attack. 6		(:05) FBI The team makes the chilling discovery. 6	FBI "Fostered" 6	
SLICE	601	562	The King of Queens 6	The King of Queens 6	Below Deck Adventure Faye faces her toughest test yet.		The Real Housewives of Salt Lake City "Reunion Part 1"		The Real Housewives of Salt Lake City (N) 6 6		Love Without Borders (N) 6 6		The King of Queens 6	The King of Queens 6	Real Housewives of SLC
TLC	521	560	My 600-Lb. Life "Robert's Story - Part 1" Robert attempts to save his own life. 6 (Part 1 of 2)				My 600-Lb. Life "Geno and Nico's Journey" (Season Premiere) Cousins pledge to lose weight together. (N) (DVS)		WHL Hockey Regina Pats at Calgary Hitmen. From Scotiabank Calgary, Alberta. (N) (Live) 6		(:01) 1000-Lb. Best Friends Ashley breaks down in pain.		(:01) 1000-Lb. Sisters Tammy hits a tipping point at rehab.	My 600-Lb. Life (DVS)	
TSN	400	400	SportsCentre (N) (Live) 6		That's Hockey (N)	SC 6	2022 Legends of Hockey (N) 6						Saddledown in	SportsCentre (N) 6	SC With Jay Onrait (N)
YOUTH	551	542	TrollsTopia	Patrick Star	** "Storks" (2016) Voices of Andy Samberg. 6				Hates Chris	Danger Force	Danger Force	Next Step	Degrassi	Degrassi	Hates Chris

THURSDAY EVENING													FEBRUARY 2, 2023		
	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)	Young Sheldon (N) 6	(:31) Ghosts (N) 6 6	(:01) So Help Me Todd "Psilo-Sibling" (N) 6 6		CSI: Vegas A woman wakes up from a four-year coma.		Channel 3 News	(:35) The Late Show With Stephen Colbert 6 6	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N) 6 6	Wheel of Fortune (N) 6	Law & Order A close-knit church isn't what it seems.		Law & Order: Special Victims Unit "Intersection" (N)		Law & Order: Organized Crime "Punch Drunk" (N) 6		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon 6	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report 6	Coronation Street (N) 6	Family Feud Canada (N)	Bollywed (N) 6 (DVS)	Bollywed "Game On!"	The Fifth Estate (N) 6 6		The National (N) 6 6		CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street 6
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) In-défendable (N)	La tour (N) (SC)	Hôtel "Les disparus" Deux jeunes clients disparaissent.		Le bon docteur Un adolescent se plaint de douleurs.		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)		"Queen & Slim" (2019)
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 6	Jeopardy! (N) 6 6	Celebrity Jeopardy! "Final" (Season Finale) (N) 6		The Parent Test Unexpected Pick-Up; Driving Me Crazy.		The Chase Chaser Victoria The Queen Groce. (N) 6		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! 6 6	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N) (DVS) (SC)	Infoman (N) (DVS) (SC)	Zénith Ludovick Bourgeois et Jonas Tomalty. (N) (SC)		Enquête (N) (SC)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire	
CKMI 11	-	-	Global National (N) 6	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	The Neighbor-hood 6	(:31) Ghosts (N) 6	(:01) So Help Me Todd "Psilo-Sibling" (N) 6		CSI: Vegas A woman wakes up from a four-year coma.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 6 6	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6 (Live) 6		Call Me Kat (N) 6	Young Sheldon (N) 6	Celebrity Jeopardy! "Final" (Season Finale) (N) 6		The Parent Test Unexpected Pick-Up; Driving Me Crazy.		La Brea A survivor is murdered. (N) 6 6 (DVS)		CTV National News	CTV News Montreal (N)	(12:05) The Daily Show
WVNY 22	-	-	ABC22 News at 6 (N) (Live)	ABC World News	ABC22 News at 7 (N) (Live)	Inside Edition (N) 6 6	Celebrity Jeopardy! "Final" (Season Finale) (N) 6		The Parent Test Unexpected Pick-Up; Driving Me Crazy.		The Chase Chaser Victoria The Queen Groce. (N) 6		ABC22 News at 11 (N)	(:35) Jimmy Kimmel Live! 6 6	
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6 6	Judge Judy (N) 6 6	Family Feud (N) 6 6	Hell's Kitchen (N) 6 6 (DVS)		Welcome to Flatch (N) 6	Call Me Kat (N) 6	The National Desk	The National Desk	Seinfeld 6	Two and a Half Men 6	Two and a Half Men 6
CFKS 31	106	726	Souper parfait	Big Brother Célébrités (N)	Ca c'est drôle! (N)	Bêtes de film (N)	L'amour est dans le pré "Les speed dating" (N)		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débats	Big Brother Célébrités	Chicago Police L'assassinat d'une femme enceinte. 6	
WUHF	-	363	Modern Family 6 6	Young Sheldon 6	The Big Bang Theory 6 6	The Big Bang Theory 6 6	Hell's Kitchen (N) 6 6 (DVS)		Welcome to Flatch (N) 6	Call Me Kat (N) 6	13WHAM News at 10 on Fox Rochester (N) (Live) 6		iCRIME With Elizabeth	The Simpsons 6	Paid Program 6
WETK	-	-	PBS NewsHour (N) 6 6		BBC World News Outside	Rick Steves' Europe 6	Made Here (N) 6	(:35) "The Long Coast" (2020) A portrait of seafood producers along the coast of Maine.	John Lewis -- Get in the Way 6 6				Amanpour and Company (N) 6 6	BBC World News 6	
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) 6 6		Death in Paradise A body is found on a golf course. 6		Call the Midwife 6 6		Call the Midwife Nancy tackles plight of meths drinkers.		BBC World News 6	Amanpour and Company (N) 6 6	
A&E	615	520	The First 48 Young thugs terrorize a neighborhood. 6		The First 48 Three people are executed in their home.		After the First 48 Detectives have only one witness. (N)		Accused: Guilty or Innocent? (N) 6 6		(:01) Taking the Stand The murder of Chad Oulson. (N)		(:04) The First 48 A man is found executed in the street.	(12:03) After the First 48	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live) 6		CNN Tonight (N) (Live) 6	Cooper 360	
DISC	520	505	Highway Thru Hell "Back in the Saddle" 6 (DVS)		Mayday Flight crashes in the Vosges Mountains.		BattleBots "Bad Blood" Contenders battle to raise their place. (N) 6 6		BattleBots The most outrageous moments. (N) 6		BattleBots The most outrageous moments. (N) 6		Homestead Rescue "Quake on the Forty" 6	Homestead Rescue	
DRAMA	620	523	Chicago P.D. Atwater spills information about Ruzek. 6		Chicago P.D. Ruzek's career is in question. 6 (DVS)		Walker 6 6		Chicago P.D. Ruzek's career is in question. 6 (DVS)		Chicago P.D. Intelligence pursues heroin kingpin. 6		Chicago P.D. A young boy is found dead. 6 (DVS)	Chicago P.D. 6 (DVS)	
HIST	522	506	Counting Cars A motorcycle is returned to its glory. 6		Counting Cars Danny's latest creation goes to auction. 6		Dirty Old Cars 6	Dirty Old Cars 6	Swamp People The Landrys target legendary beasts. (N)		Swamp People: Serpent Invasion (N) 6 6		Kings of Pain Painful animals found in the backyard. 6	Swamp People: Serpent	
PARMT	628	584	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6	Auction Hunters 6 6
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages "URSS: L'effondrement" (N)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	FBI: Most Wanted A deadly fire at an arcade. 6		FBI: Most Wanted "Lovesick" 6 6 (DVS)		FBI: International An American basketball player dies.		The Undeclared War Vadim must question his allegiance.		(:15) FBI: Most Wanted Jubal enlists the help of Jess. 6		(:10) FBI: Most Wanted "Exposed" 6 (DVS)	(12:05) FBI: Most Wanted	
SLICE	601	562	The King of Queens 6	The King of Queens 6	The Real Housewives of Salt Lake City 6 6		Love Without Borders 6 6		Million Dollar Listing Los Angeles (N) 6 6		Below Deck 6 6		The King of Queens 6	The King of Queens 6	Million Dollar LA
TLC	521	560	My 600-Lb. Life "Jennifer & Marissa's Story, Part 1" A co-dependent relationship. 6 (Part 1 of 2)				My 600-Lb. Life: Where Are They Now? "Supersized: Lacey and Mercedes" With bonus scenes. (N) 6		1000-Lb. Best Friends With bonus scenes. (N) 6		Too Large Corey tries to stay focused on his diet. 6		My 600-Lb. Life: Where	SC With Jay Onrait (N)	
TSN	400	400	SportsCentre (N) (Live) 6		That's Hockey (N)	2022 Legends of Hockey 6 6	SC 6		"Black Ice" (2022, Documentary) P.K. Subban. Examining the history of anti-Black racism in hockey. 6				SportsCentre (N) (Live) 6	SC With Jay Onrait (N)	
YOUTH	551	542	Best & Bester	Loud House	*** "Matilda" (1996) Mara Wilson. 6 6 (DVS)				Hates Chris	Loud House	Loud House	Next Step	Degrassi	Degrassi	Hates Chris