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FRIDAY, JANUARY 17, 2020

**Stanstead 2020 budget adds up to four per cent tax increase**

By Steve Blake  
 Special to the Record

The Stanstead Town Council passed its 2020 budget at a special meeting on December 9. The result is a four per cent increase of taxes on average for property and services for households depending on services, Stanstead General Manager Jean-Charles Bellemare said in an interview Thursday.

The total \$4,566,694 budget is about \$373,000 more than the 2019 budget of \$4,193,579, an 8.9 per cent increase, but the town will see an increase in revenues other than from taxes, Bellemare said.

"The budget is tight but responsible," he said.

The owner of a home valued at \$141,000 using all services will pay \$87 more in 2020 than in 2019, Bellemare said.

The fixed cost to the town, like public  
 CONT'D ON PAGE 3

**Bishop's Gaiters Women's hockey team joins the big leagues**



TAYLOR MCCLURE

By Taylor McClure  
 Special to The Record

The Bishop's University Gaiters made an exciting announcement yesterday. After one season in the Independent Women's Club Hockey League and two seasons playing in Division 2 of the American Collegiate Hockey Association, the Gaiters Women's

hockey team will join the Réseau du Sport Étudiant du Québec (RSEQ) University Women's Hockey Conference for the 2020-21 season. They will be the first team in Quebec outside of Montreal to join the RSEQ and they are looking to compete amongst some of the best women's hockey teams in the country.

Women's hockey at Bishop's dates

back as early as 1915 but the Gaiters women's hockey team is now preparing to enter a new era in the team's history.

As they enter the RSEQ, one of the strongest leagues in Canada, the Gaiters are now getting ready to kick things up a notch to compete against top ranking teams such as McGill,

CONT'D ON PAGE 3



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## Weather



TODAY:  
CLEAR AND  
COLD.

HIGH -16  
LOW -25



SATURDAY:  
PERIODS OF  
SNOW

HIGH -8  
LOW -11



SUNDAY:  
PERIODS OF  
SNOW

HIGH -6  
LOW -16



MONDAY:  
SUNNY

HIGH -11  
LOW -23



TUESDAY:  
SUNNY

HIGH -13  
LOW -18

# Feelings, we all have them



## GOOD READS

### LENOXVILLE LIBRARY

Submitted by Shanna Bernier

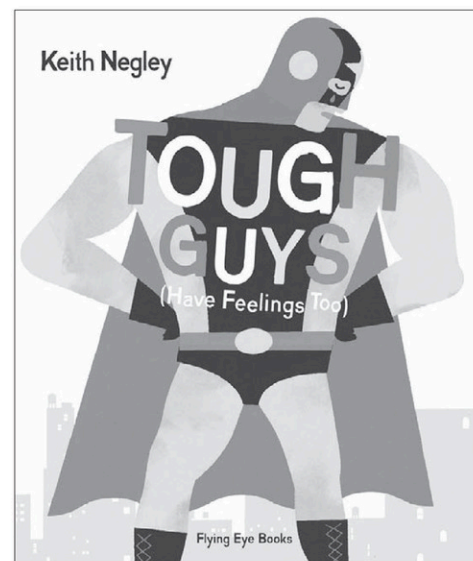
A few years ago a film came out which got lots of people talking about the importance of feelings. "Inside Out", the 2015 Disney-Pixar production, tells the thrilling and magical tale of Riley, as she navigates all the mixed-up feelings she experiences after being uprooted from her life and moved to San Francisco. Her emotions are personified – as Joy, Fear, Anger, Disgust and Sadness – in a kind of headquarters (her head) and they co-exist and conflict on how best to re-adjust to a new city, house, and school. The basic lesson the film teaches us is that happiness is not our default emotion and that other feelings are valid too. We are supposed to feel sadness and anger sometimes. It is okay and important for us to feel our feelings, and we can never really turn them off.

Talking about feelings with little kids is very important. Grown-ups are supposed to be wise enough that we can navigate our feelings. We can learn to be polite even when angry. We can continue to love someone and care for them even if they annoy us. For better or worse adults can control their emotions and identify them much more easily than children. However, kids are often better at naming and connecting with their emotions once good tools are in place. Kids can have amazing emotional intelligence and as they get old enough to have 'mixed feelings', it

can be a beautiful and messy privilege to journey with them. Starting when they are babies and toddlers, we begin teaching kids about feelings. We teach them the names for the different shapes our faces make, and appropriate responses to the overwhelming nature of those emotions. Regulating emotions and reacting to them in ways that are acceptable according to convention, takes a lot of practice. We rarely see a teenager laying on the floor in a toy store experiencing an emotional meltdown; but I am sure we have all seen and experienced a three-year-old in that state. It is truly overwhelming for both parent and child when feelings are too much for us to handle. Caregivers talking about emotions, and how it is good and healthy to express them and name them, can help children learn over time to not let feelings overwhelm them too much. Here are a few good reads which teach us about naming our emotions.

"Sometimes I Feel Like a Fox" written by Danielle Daniel uses traditional Anishinaabe totems as a means for children to express how they feel and identify. The book explores different animals and the traditional teachings connected to each one. This book goes beyond simple feelings and uses ancient wisdom as a tool for expressing difficult and complex ideas. The illustrations are striking and colourful and reflect the characteristics expressed by each totem animal. The use of the word "sometimes" is important too, as this allows a child to identify with different traits as our personality evolves and our feelings change over time. This book is available at the Lennoxville library, translated into French as "Parfois je suis un renard".

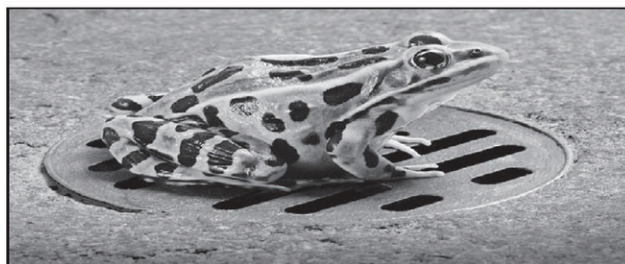
"Tough Guys Have Feelings Too", by Keith Negley is another great book for talking about feelings with kids. This book tackles the myth that 'tough guys', like pirates, ninjas, superheroes and Dads, are emotionless shells. It makes space for lots of traditionally masculine role models to be vulnerable and to show their sadness, fear



and love. This book, published in 2015, uses bold pop-art style illustrations reminiscent of classic comic books with modern twists. The primary colors and strong black and white lines are very pleasing to the eye, and really drive home the heroic strength of each 'tough guy'. Books about feelings for kids are often soft and feminine and designed with girls in mind. There is nothing wrong with gentle and emotional girls and women, but this book emphasizes that emotional depth is not reserved for girls alone. Boys and men deserve to have space to cry and giggle and snuggle teddy bears too. The most important thing to remember is that emotions are not weaknesses. It is brave to be vulnerable, and the pay-off to being open and available is helping kids navigate one of life's greatest challenges. It's okay, feel your feelings.

Most Saturday mornings at the Lennoxville library you can come with kids to the story and craft hour beginning at 10:30. If you want to come and read some great books, make a cool craft and sing about feelings with me (Goodreads' children's lit columnist Shanna Bernier) you are most welcome to join us January 25th, 2020.

This Saturday, January 18th Janell and Mylène will be your hosts! I hope to see you there.

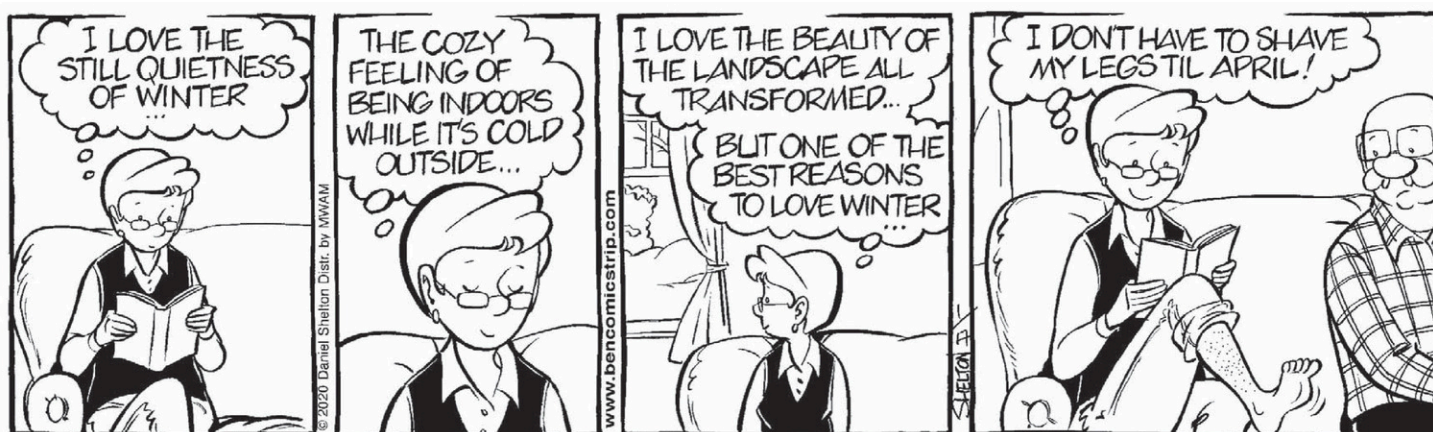


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## Ben by Daniel Shelton



# Local News

You have to try out 50 things and hope that five of them work.

## Billy Lidstone going back to the basics

By Gordon Lambie

Four months after a fire destroyed the building that housed his first brick-and-mortar storefront, Billy Lidstone says that he's going back to the model that served him best over the last few years to get back on his feet.

"Basically I'm going back to my roots" the chef told The Record on Wednesday. "I started the business from home about six years ago doing smaller contracts and whathaveyou." He recalled, adding that he would rent out commercial kitchens for any contracts too large for his home kitchen to handle.

During the spring and winter months Lidstone plans to continue with his most successful products; the "chef at home" model of bringing restaurant-style table service into people's family dining rooms, the "private chef" contracts through which he prepares meals for people from their own pantries by an hourly rate, and the larger-scale hot and cold buffets that he has come to be known for around Lennoxville.

"Those are the three big ones," he said, adding that they will make up the balance of his work for the foreseeable future.

Looking back on the fire in the fall, the chef reflected that although the

physical location outside of his home kitchen had allowed him to create a space specifically dedicated to his catering services, ultimately the benefits offered did not greatly outweigh the added burden of rent and the challenges of trying to get established in a location known for being hard to find.

"Obviously it was a shock, and a disappointment" he said, pointing out that he and his wife had put a lot of work into the space on College Street in the year before it was destroyed. "Fortunately it wasn't hard to pick up work right away, but it was still difficult."

In the time since the fire, Lidstone has been at work as a substitute chef within the local network of childcare centres, helping to fill in at different daycare centres when the regular cook takes time off. This connection, he said, came through the centre his children attend

"They needed some help and I ended up with some free time on my hands," he said with a laugh. "They mentioned that they were looking for replacement chefs to cook for the children and the staff."

Because of the number of different daycare centres that exist across the region, Lidstone said that the replacement work keeps him quite busy and he said that the experience is both fun and has positive impacts on what he

can offer through his own business.

"I work in a different place every couple of weeks and it's different kitchens and different setups," he said. "I'm learning lots of new recipes," he added, noting that he particularly feels the environment is good for learning how to handle food intolerances and allergies.

While not something that he would have chosen to have happen, Lidstone classified the fire as just another bump in a road full of ups and downs.

"I've been at this one way or another for 25 years, and I've tried a lot of things," he said. "You have to try out 50 things and hope that five of them work, and that's why I'm going back to what worked."

Come summer time the caterer intends to add wedding contracts and a partnership with a friend who does mechoui in the area to his roster, but other than those additions he said that he plans to stick to the classics and see what it is that people say they want.

Asked about whether there is any interest in establishing another storefront again in the future, Lidstone said that while not impossible, it isn't very likely at this point in time.

"There's a lot of things that would have to happen," he said. "If I didn't have to do everything on my own and that presents itself in a realistic way, then I'll go back into it."



GORDON LAMBIE

Lidstone invited anyone seeking more information on his services to consult the *Traiteur Lidstone Catering* page on Facebook or just give him a call at 819-446-7021.

## Stanstead budget

CONT'D FROM PAGE 1

safety and environmental services, are going up, he said. But, he pointed out, the potential for revenues remains level.

The budget takes into account the latest re-evaluation of properties done in 2019, according to Bellemare. The total value of property rose by 2.3 per cent, including residential, agricultur-

al and commercial property. The value of residential property alone went up about 1 per cent. He said when property values decrease, the town loses revenue.

Some residents have inquired about the value of their properties after re-evaluation, but most will be notified when they get their tax bills.

The public works department budget shows an increase of 4 per cent. "We

try to keep the tax low," Bellemare said. "We could do more, but we're trying to save money."

The environmental budget - like garbage, recycling, and compost collection has gone up. Although the percentage seems high the actual increase is manageable. For example, he said, the 11.6 per cent increase for recycling adds up to \$9. The 20.9 per cent increase for compost collection amounts to \$9.50.

The water tax will be 18.3 per cent more, adding up to \$26; and the sewer cost, at 17.2 per cent higher, amounts to an additional \$29. That does not include rebuilding the Rock Island sewage treatment plant.

Bellemare said that budget increases in previous years have been tempered by using a surplus. "But the surplus runs out." He said towns are not allowed to budget a surplus.

## Women's hockey

CONT'D FROM PAGE 1

Concordia, and University of Montreal at the U SPORTS level.

U SPORTS is the national governing body of university sport in Canada. The Gaiters will become the 35th U SPORTS level women's hockey team in Canada.

Under coach Dominic Desmarais, who is going on his second year coaching the team, the Gaiters women's hockey team are already laying the groundwork for next season.

For the current 2019-2020 season, the Gaiters will play various exhibition games throughout the year against teams from U SPORTS and the National Collegiate Athletic Association in preparation for next year. Their first season with the RSEQ will begin in October 2020. The schedule will be released later this year.

The team's practicing and training

schedule for this year is also intense. "We are already practicing four or five times a week," mentioned Jessica Belanger, who has been playing hockey for 20 years and is the current Captain of the Gaiters hockey team. "We also workout about three times a week. It's about 8 to 10 workouts a week. It's a big commitment but it's worth it."

While they have a lot of work on their hands, the players couldn't be more excited about their new journey. "We are very happy," Belanger said. "We will be able to play at a higher level and compete. When we win it will feel great."

Despite the higher level of competition, the team is ready to give it their all. "We are very excited and I'll probably be nervous my first game but we will work hard this summer and hopefully compete and score some goals."

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# Inside the mind of inventor Joseph-Armand Bombardier

By Taylor McClure  
Special to The Record

**B**ombardier Inc. is one of the largest transportation companies in the world. Headquartered in Montreal, Bombardier Inc. specializes in developing innovative planes, trains and public transportation services.

The name Bombardier may sound familiar to some Townshippers, and well it should.

The company had its early beginnings in Valcourt with inventor, entrepreneur, and industrialist Joseph-Armand Bombardier. At the time no one was sure what to expect from Joseph-Armand, who showed promise at a young age. His accomplishments ended up being beyond what anyone imagined. His curiosity and his ability to create anything he put his mind to resulted in something that we all have come to know and love: the Ski-Doo. His story is one of inspiration and it all began here in the Eastern Townships.

Joseph-Armand Bombardier was born on April 16, 1907 in Valcourt. As a young child, he was constantly experimenting with mechanics and could easily take things apart and put them back together again. By his early teens, he had already produced various mechanical toys such as boats, tractors, and trains. A nat-

ural inventor, spectacular things were to come for Bombardier.

With a grand sense of curiosity, Bombardier was always testing and creating new mechanisms or fixing existing ones. He built a steam engine out of parts from an old sewing machine and he was always taking apart his father's car motor and putting it back together again.

While Bombardier possessed these skills, his father wanted him to join the priesthood and at age 14 sent him to study at the Séminaire Saint-Charles-Borromée. However, curiosity and invention continued to ponder his mind.

While back at home for Christmas vacation, he got back to what he does best and the result was his first snow vehicle. He used a motor given to him by his father that was deemed irreparable. He fixed it, of course, and attached it to an old sleigh. He was just 15 years old.

He continued to study at the Séminaire Saint-Charles-Borromée but he knew deep down he would never live up to his father's wishes and become a priest. At 17, he quit his studies with his father's permission, to pursue an apprenticeship at a garage in South Stukely. He continued on to Montreal where he worked and took classes in mechanics, electrical engineering, and in English.

In 1926, at the age of 19, he came back to Valcourt and opened up his own garage with the help of his family. This was just the first step in what was to come for Bombardier, who established a successful reputation for himself at a young age.

At that time, more and more vehicles were appearing on roads but Canadian winters limited their use in rural areas. That was something that Bombardier always thought about and he wanted to find a solution that would provide for more convenient travel.

For around ten years, he was working on developing a snowmobile that was light enough to travel on the snow and could easily adapt to terrain changes when his son Yvon passed away in 1934. They could not reach the hospital in time for treatment due to a blizzard. The devastating loss pushed Bombardier even further to complete his invention.

It took multiple attempts before he created his first major invention in 1935: a sprocket wheel/track system. After receiving a patent from the Patent Office in Ottawa in 1936, he decided to manufacture the patent himself. He first started by expanding Garage Bombardier to become a production plant.

By 1937, his first snowmobiles were produced. While it wasn't light due to the motors that were available at the time, they carried seven passengers and were given the name B7. They were quite a success among customers, but Bombardier continued to adapt and perfect his inventions.

Demand continued to increase over the next few years and production was in full force to the point where Garage Bombardier could no longer keep up. In 1940, a modern plant was built under the name L'Auto-Neige Bombardier.

In 1941, he created his next snowmobile, the B12. This one carried 12 passengers and was longer than the B7. In the beginning there was much demand, but then the Second World War struck and brought the production of the vehicles to a halt. Bombardier did, however, offer to produce a military snowmobile prototype for the federal government to make transportation



of Canadian troops in areas with high levels of snow more convenient.

In 1943, he was also asked to develop a prototype for an armored tracked vehicle. After various trials, he created his first armored snowmobile called the Mark I. He continued to perfect his invention and various other models followed.

As the war came to an end, Bombardier turned his focus back to his company in Valcourt.

On July 10, 1942, L'Auto-Neige Bombardier Limitée was established and Bombardier continued to send in patents to Canada as well as the United States.

After the war, demand for Bombardier's snowmobiles, more particularly the B12 as it could serve various activities, like transporting materials, rapidly increased.

However, Bombardier faced a major challenge in the mid-twentieth century when the government started clearing the roads of snow in rural areas. Snowmobiles were no longer a major necessity and he had to establish a new framework for his company that didn't depend on them.

Ever the inventor, he started doing research as to what he could do differently. That's when he started creating industrial vehicles, such as the Bombardier Truck, and other all-terrain vehicles.

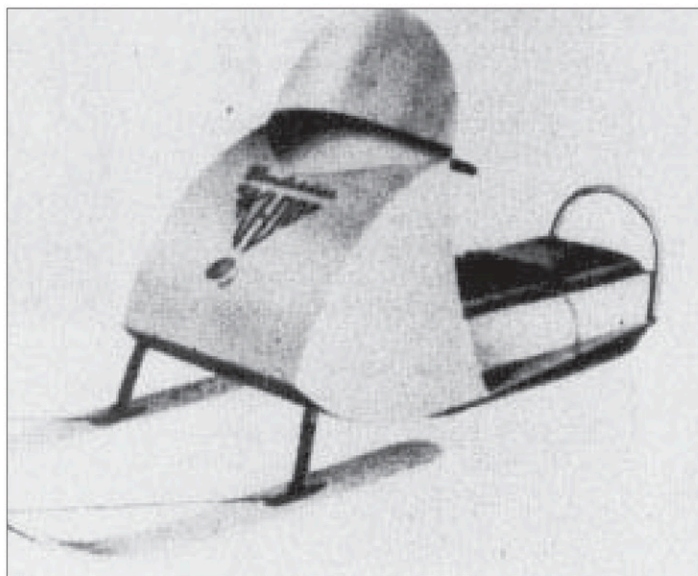
His ability to adapt to change proved to be successful and the company continued to grow. Bombardier however, had yet to invent the light, one-person snowmobile he always dreamt of so he got back to work.

Things were a bit easier for him this time around with the invention of lighter motors and a continuous track designed by his son Germain.

By 1958, a prototype for a much smaller snowmobile was created and a year later it started to be produced. This snowmobile became a Canadian favorite, not only in terms of necessity but also in terms of fun. It is known as the Ski-Doo.

Unfortunately, Joseph-Armand Bombardier passed away only a few years after his most famous invention on February 18, 1964 but not without leaving his mark on the Townships and the entire world. His legacy continued to be carried on by his family with what is now Bombardier Inc. and the J. Armand Bombardier Foundation.

A museum was also established in Valcourt in 1971 in memory of the brilliant inventor known as the Museum of Ingenuity J. Armand Bombardier. The museum presents Joseph-Armand Bombardier's story, amongst other inventors, and attempts to show visitors what is possible when we tap into our curiosity and innovation. For more information on Joseph-Armand Bombardier and the Museum of Ingenuity J. Armand Bombardier, you can visit the museum's website at <https://www.museebombardier.com/en/en/about-us>.



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# Jacques Demers re-elected prefect of Memphrémagog MRC

Record Staff

The members of the council of the MRC of Memphremagog elected to maintain Jacques Demers, mayor of the municipality of Sainte-Catherine-de-Hatley, as prefect of the MRC

during their regular assembly of January 15, 2020. This marks the start of Demers' fifth term in the position, and his appointment was warmly applauded by the members of the board.

"It is with enthusiasm that I accept the mandate given by my colleagues on the board and I thank them for their trust," the Prefect said. "It is a privilege to be able to count on such

a committed team that believes in its region and its development potential. Several interesting challenges await us and we will pool our efforts to meet them!"

Demers has been mayor of the municipality of Sainte-Catherine-de-Hatley since 2005 and has been involved in a number of ways across the Memphremagog territory and the Estrie region. He is currently president of the Federation of Quebec Municipalities and a member of the board of directors of the Federation of Canadian Municipalities. In the Memphremagog region, he is known for his role as the president of the Mont-Orford Ski & Golf Corporation.

The MRC council nominated Magog Mayor Vicki-May Hamm as deputy prefect, also for her fifth term in the role.

The council meeting also served as an opportunity to appoint members to the MRC's administrative committee for the next two years. In addition to the prefect and deputy prefect, the committee is made up of the following people: Vincent Gérin, mayor of Ayer's Cliff, Lisette Maillé, mayor of Austin, Martin Primeau, mayor of Hatley Township and Joan Westland-Eby, mayor of Bolton-Est.

The names of the people named to other committees during the January 15 meeting is available at [www.mrc-memphremagog.com/mrc/les-comites](http://www.mrc-memphremagog.com/mrc/les-comites).



COURTESY

# Hydro-Sherbrooke has a new interactive map

Record Staff

Hydro-Sherbrooke of the City of Sherbrooke presented its new interactive map dedicated to power outages on its territory yesterday.

The map, available at [sherbrooke.ca/maps](http://sherbrooke.ca/maps), makes it easy to find out about power outages and obtain an estimate of their duration. When consulting the map, citizens get real-time information. If the outage they are looking for is not on the map, it is because it has not yet been reported to Hydro-Sherbrooke. In that case, people

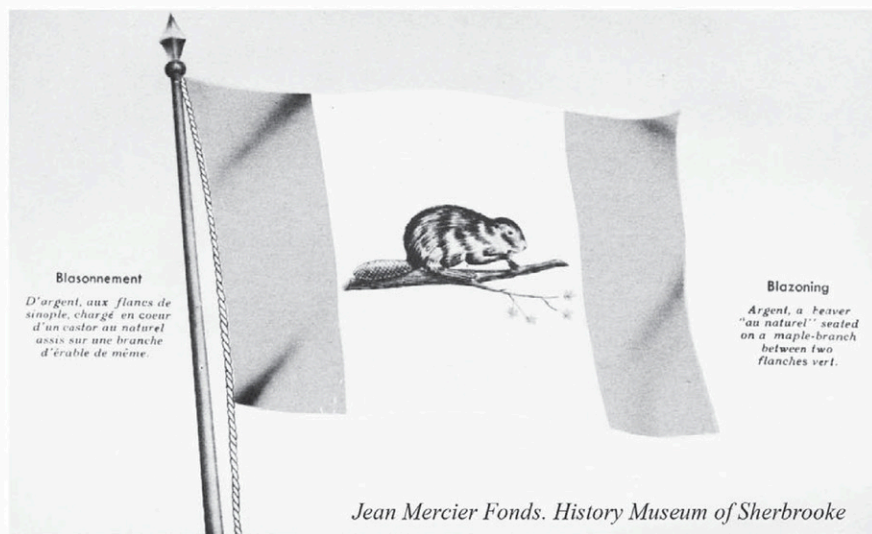
should call 819 821-5728.

When the map was created, great attention was paid to mobile devices (tablet, smart phone, etc.) to ensure that it will function well on all devices.

"This map will be very useful for people who are victims of a power outage, who will be able to easily deter-

mine the extent of the outage, as well as for those who are worried about a loved one who lives in a private power sector," explained Julien Lachance, City Councillor and Chairman of the Board of Hydro-Sherbrooke.

## GLIMPSES OF THE PAST



Jean Mercier Fonds. History Museum of Sherbrooke

Did you know that the Canadian flag, red and white with a red maple leaf in the centre, did not become the country's official flag until 1965? Before then, the British flag (Union Jack) was flown in Canada, although the process to create a Canadian flag dates back to the 1890s. In 1946, a parliamentary committee mandated with finding a symbol that would appeal to all Canadians failed at its attempt to create the country's first flag, after having received nearly 2600 drawings. Would you have preferred this green flag bearing the image of a beaver instead of the current red and white maple leaf flag?

### INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Sherbrooke's memories* in the Andrée Désilets room of the History Museum of Sherbrooke.

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# EDITORIAL

Children learn best when adults link cause with effect: if we collectively choose to eat less meat, we can reduce the carbon emissions that contribute to climate change.

## 5 ways families can help tackle climate change

By Greg McDermid

Professor, Department of Geography, University of Calgary,  
 Joule A Bergerson  
 Associate Professor in Chemical and Petroleum Engineering and Canada Research Chair in Energy Technology Assessment, University of Calgary and Sheri Madigan  
 Assistant Professor, Canada Research Chair in Determinants of Child Development, Owerko Centre at the Alberta Children's Hospital Research Institute, University of Calgary

A plant-based diet is healthy, ethical and an effective carbon-cutting adjustment for a household. (Pixabay)

While there are many compelling reasons to eat locally, what you eat is more important than where it comes from. One influential U.S. study showed that transportation represents just 11 per cent of the life-cycle emissions of household food consumption (a life-cycle analysis considers all aspects of production, transportation, use and disposal), compared to 83 per cent for production. So if the thought of eliminating meat altogether is just not fathomable, consider buying products that use lower-emissions production processes such as regenerative grazing.

Discuss what dietary changes your household can make and how they contribute to the climate-change solution. Children learn best when adults link cause with effect: if we collectively choose to eat less meat, we can reduce the carbon emissions that contribute to climate change.

### So now what?

While many climate solutions require leadership from governments, we also need changes within regular households, which are collectively responsible for 42 per cent of Canada's greenhouse-gas emissions. In the U.S., where energy exports are proportionally smaller, the figure is closer to 80 per cent.

We have drawn on our expertise as scientists in three diverse fields (environment, energy and psychology) to assemble a message of action and empowerment that we feel is necessary to address the challenge of climate change.

As the new decade begins, we offer five questions designed to guide discussions of climate action in your household.

### 1. What are you eating?

Food production accounts for 23 per cent of human greenhouse-gas emissions. Experts say that confronting climate change will ultimately require adjusting our diets. Eating lower on the food chain – or eliminating meat and dairy entirely – is one of the most effective carbon-cutting changes you can make in your household.

### 2. What transportation do you use?

Globally, transportation accounts for 23 per cent of human emissions. The numbers are higher in Canada (28 per cent) and the U.S. (29 per cent), where fuel-hungry trucks and SUVs dominate the market.

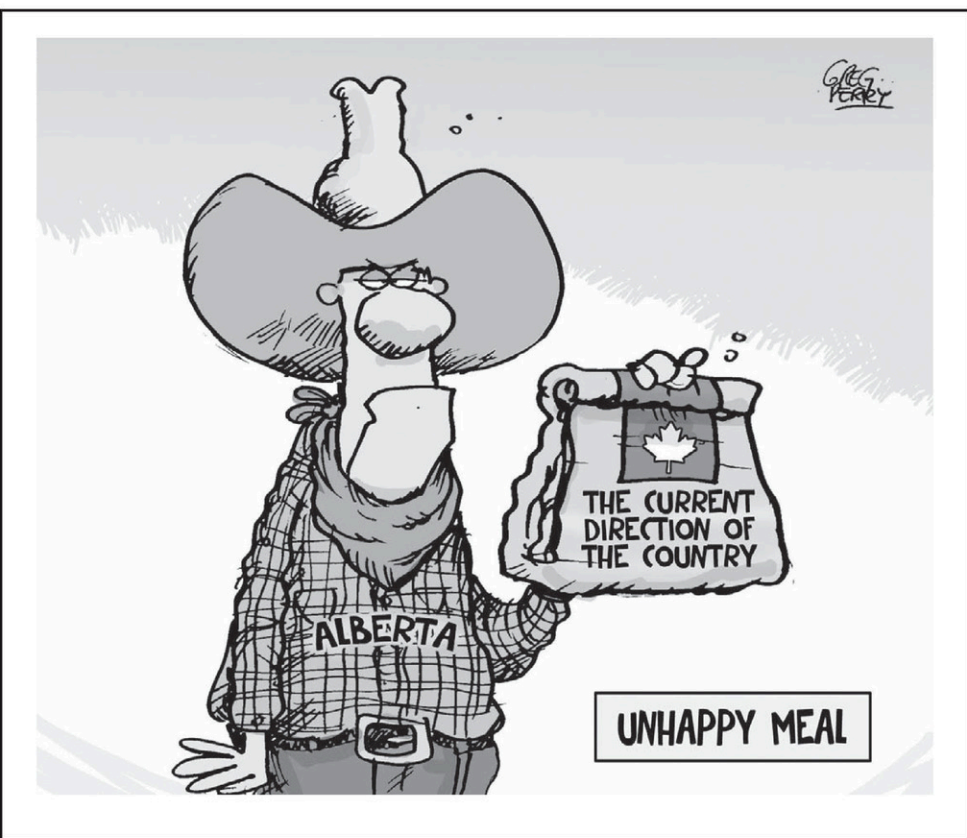
Start by biking, carpooling and taking public transportation as often as possible. Live car-free if you can. If driving is a must, focus on fuel consumption. Choose smaller, best-in-class vehicles and pay attention to distance travelled.

Air transportation is a major contributor to carbon emissions. One round-trip transatlantic flight – Denver to Paris, for example – produces the equivalent of 2.54 tonnes of carbon dioxide per passenger. That's half the emissions of a car driven for a year.

When planning your next family vacation, carefully consider the need for flights. Vacation locally or opt for a shorter flight.

### 3. How does your home contribute?

Households use energy for heating,



cooling, lighting and appliances. Energy consumption is not the same as carbon emissions – the relationship depends on how your home's electricity and heat are generated – but it's still a great target.

Heating, both space and water, makes up 80 per cent of residential energy consumption in Canada. Actions that conserve household heat can lower emissions.

These can range from small things like washing clothes in cold water to big steps like moving to a smaller, more energy-efficient home. Retrofits aimed at increasing energy efficiency are also worth considering, especially those matched with local financial incentives. A home-energy audit will help you choose the most effective targets.

### 4. What do you throw out?

On a per-capita basis, North Americans produce the highest average amount of waste in the world. Much can be done to curb your family's disposable habits.

Everyone knows the mantra: reduce, re-use, recycle. However, the recycling industry is complex and much of what we put in recycling bins ends up in landfills.

Prioritizing the reduce and re-use parts of the mantra will have a lasting impact on the environment. To reduce, plan carefully and buy only what you need. Buying less stuff not only saves money, it reduces emissions from packaging, transportation and production.

Families should also emphasize re-using goods. Take steps to re-purpose or exchange items, both inside the home and within your community. There are many creative ideas out there.

### 5. Who can you influence?

As parents, we recognize that making the time for change can be diffi-

cult. But changes can begin with small steps, like educating yourself on the evidence, causes and effects of climate change. Children are inherently curious and want to learn too. Make sure that they learn from credible sources.

Children are constant observers of adults' choices. Many kids will notice when an adult makes an effort to reduce waste and carbon emissions. To emphasize these changes further, explain what your actions and choices mean for the environment.

You can also show children how individuals can mobilize and inspire change. The world has just witnessed a 16-year-old launch a global climate movement that is inspiring millions.

### Change is the product of individual actions

Some claim individual actions won't make a difference or that domestic changes don't matter if others are not following suit. In addition to being incredibly disheartening, such views ignore the fact that our current crisis is the product of billions of individual decisions. Household actions lead to changes in collective behaviour and are an essential part of social movements.

A more compelling argument is that the focus belongs on altering the systems (economic and political) that pose barriers to personal changes. We agree! But it's not a zero-sum game and transformations must happen on both fronts.

There is reason for hope. Family-based changes can shape the environmental landscape for future generations. We already have much of the technology and know-how required to transition towards a more sustainable society.

We just need to get started. And it can start with our families.

## THE RECORD

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## C COLUMNIST

Why do we say this word so much?

ONE COLUMN, FOUR VOICES

## Open to the Spirit

Today's word: Literal

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

1) "The word of the Lord" is a common phrase used to end a scripture reading during Sunday worship. In my younger days I imagined that God had had a direct contact with the hand of the writer of that passage. We were literally listening to God's dictated message. In those days my spiritual life and bible lessons lived in a different world from my school and everyday life and the fact that there might be some tension between the two did not dawn on me for some time. But at a certain point these two worlds clashed and for a time I abandoned the Bible as an antiquated document replete with superstition and racial and gender bias.

It was not until I began my theological studies that I discovered a non-literal approach to bible study. It has been a liberation. Indeed, according to philosopher Richard Rorty, one of the best ways to influence others and change hearts and minds is through storytelling. We all know that novels are not accurate accounts of history yet they have the ability to touch us at our deepest level and testify to parts of the human condition that we deeply identify with.

Just so, when we can get past some of the historical content that is less relevant today the Bible becomes the testimony of a stubborn people's insistence that we are not alone on this planet, that we live within a spiritual dimension that gives meaning and purpose to our lives and that we each have a mission during the brief span of time we are on this earth. When we look at the Bible as part symbolic, part mythic, part testimony to both the darker and the lighter side of humanity, the ageless human struggles it portrays become a treasure chest of lessons on how to honour the lives we have been given.

2) I remember reading an article many years ago about the popular use of the word "literally" in the English language. Often used by young people and adults, the word highlights

how incredible something is: That was literally the best donut I have ever had! It is literally 50 degrees outside (when in fact, it most literally and obviously is not). I am literally dying from thirst (again most likely not). As was pointed out in the article, the problem with the word when used in this way is that it often followed by something that might not actually be true, in a sense, telling us that in fact what is being said is literally nothing but an exaggeration!

Why do we say this word so much? So much of how we speak is about comparing things. We compare our experiences to others, and one day to another day. While we could just live our lives knowing that every day will be a mix of the normal and the exciting, the powerful moments and the weak moments, we consciously or not always want the best, the most exciting this or that. As one linguist pointed out, the current overuse of this word may also signify something about our times—how people are scared of commitments. We don't ever want to say what we really mean, so we instead end up saying something that we don't. Ideally I think we want to be more creative in how we speak, but we feel stuck.

I hope that we can speak more honestly and openly with each other, being proud of our experiences, and accepting of the normalcy of what we encounter around us. Everything may not be the best ever, the hottest or the most beautiful, but it is literally just the way it is meant to be. And I'm fine with that.

3) The word, literal, conjures up for me some debates from my college years about how to interpret the bible. Words like inerrant were used to justify a male only clergy. I remember a congregation in New Brunswick where girls were not allowed to play school sports cause they would have to wear uniforms. A creative friend let some play but their pastor insisted they must wear long skirts. All this because a verse in the Bible condemns women who wear men's clothing. Interestingly, the chapter condemning jewelry did not stop his wife from wearing a wedding ring. Even those who take the

bible literally like to pick and choose which parts.

An incident many years ago drove this truth home to me. I was a teenager and part of a local group seeking to band together and hire a youth worker for many local churches. At a public forum we were invited to meet the man and decide on whether to support the project. One group from a local congregation proceeded to grill the young man on the meaning of the word 'salvation'. They finally stood up and told us they could not support the project because he had not used the word 'blood' in his explanation and therefore did not conform to their strict literal understanding of the bible. I was totally shocked.

I believe we are meant to learn the divine truths of sacred scriptures, not fixate on impossible images. Jonah did not get swallowed by a whale, that story is a parable. The Tower of Babel was not the reason we have so many languages in our world. Job did not personally face his trials and tribulations because of a duel between God and the Devil. That was the art of creative writing studying the problem of evil. On the other hand I do not believe we should throw away sacred scriptures written over thousands of years by many various faith groups. They have great wisdom. To quote a local church sign in Lennoxville, I believe we should "take the Bible seriously, not literally."

4) In popular usage literal is often mistaken to mean real or true. As a poet and amateur storyteller, I'll take figurative over literal any day. Stories often begin "Once upon a time" or "There was, and yet there was not..." Audiences of any age are likely to ask if a particular story is really true. Of course, knowing if it actually happened is beside the point. A good story, even one of pure invention, is true if it carries a message that rings in us like a bell and awakens a deep inner knowing. Which is the function of literature, poetry, ancient myths and legends in diverse cultures, and the world's sacred scriptures. On some level, it's all story, and the words in the telling are all in-

ventions.

A linguistics prof once told our class - on the very first day - that studying language was a bit like putting a squirmy, elusive and ever-changing chameleon under the microscope and hoping to pin it down. But first you have to catch it! His point: that words cannot be taken literally because they are not fixed but always in transition. As soon as you look too closely, there's nothing to see. That very semester, I was also taking a course called Physics for Poets. At every turn the two disciplines seemed to overlap or collide - at the heart of both, a mysterious uncertainty principle!

Which makes this whole adventure of language so intriguing. For putting actual lived experience precisely into words in any language, there can be no literal translation. Words are approximations at best. Not just in literature, where saying one thing may intend to mean quite another. But in everyday speech or anything written, every word's a metaphor with room for interpretation. Meaning different things to different people, depending upon time, place, who's talking or to whom. Even for the same people, words will have different meanings under varied circumstances.

The real wonder is not that we so often misunderstand each other, but that we manage to create shared meaning whenever we do. Given this slippery thing called language, it's a literal wonder we make any sense at all.

**One word, four voices - and now as always it's your turn to reflect: What does literal mean to you, and what do you take literally?**

*Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UU Estrie and now resides in St. Andrews-by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.*

## Telephone scam clones Sherbrooke police number

Record Staff

The Sherbrooke Police are warning the public to be wary of a "classic" phone scam with a tricky new twist.

The form is well-known: an individual claiming to be from the Royal Canadian Mounted Police or Service Canada first contacts their intended victim by mentioning that their social insurance

number is compromised, adding that an arrest warrant has issued. The false officer demands that the person taking the call pay the amount due immediately. The fraudster then tells their victim to go to their financial institution to withdraw the amount, then proceed to the nearest "bitcoin" counter to transfer money in cryptocurrency to the scammer's account.

The twist that has come to light this

week is that the citizen receiving the call will see 819-821-5555 on his or her call display, the telephone number of the Sherbrooke Police Service.

This serves as an important reminder that fraudsters have the capacity to modify the displayed caller number. This way of operating allows them not to expose themselves in person, and makes police searches more complex. In this type of fraud, the suspects are

often very insistent, and demand that those receiving the call not hang up to keep them from verifying the information they are being presented with over the phone.

The Sherbrooke police have received numerous calls in connection with this fraud over the past week. The "Instacoin" ATM website has already warned about this on its site.

## Two solo exhibitions open in Magog tonight

By Gordon Lambie

Magog's cultural action committee, "Art'M" is hosting two new solo exhibitions at the Centre d'arts visuels on Merry Street until the beginning of March, highlighting the work of artists Silvy Auger and Louise Bourgault. Although the exhibitions opened to the public the past Wednesday, the official gallery opening for both is set to take place tonight, January 17, from 5 p.m. to 7 p.m.

"It was a juried exhibition, and I was honoured to be one of the 2 artists selected," said Bourgault, whose work is on the theme of "Eastern Townships Landscapes, Light Effects."

"I am fascinated by the impact of shadows and light on color, especially by the classical technique of chiaroscuro." She explained. "Subtle shades catch my attention, but the bright colors of nature delight me. In this sense, I see myself as more a colorist than a tonalist. I continue to study, read, take classes and workshops, and develop as an artist. Every day, art teaches me to see more clearly, a fascinating and endless

process."

Auger's exhibition, meanwhile, is entitled "À l'ombre de mon arbre" and focused on seeing plantlife from a different, smaller point of view.

"Life in the country allows one to see nature from all sides," the artist said in her description of the collection.

More information on past, present, and future exhibitions of Art'M is available in French at <https://artmagog.org/>

The cultural action committee was founded in 1976 to help coordinate local cultural activities and it operates entirely with the support of a team of dedicated volunteers. In the 1980s it also took on the role of helping to preserve and promote Magog's architectural heritage but has since shifted its focus back to the support and promotion of local artists. It was the driving force behind the Estiv'Arts festival from 2003 to 2017, and in 2019 rebranded itself as Art'M and set a new focus on the visual arts specifically. The group and its members engage in several activities and exhibitions in and around the Magog area each year.



COURTESY LOUISE BOURGAULT

## English-Language Arts Network back with a focus on health

Record Staff

In 2014, Quebec's English-Language Arts Network, ELAN created the YEAH! Project, an initiative focused on Youth, Education, Arts, and Health aimed at documenting resources and connecting artists with health practitioners. More recent surveys, focus groups, and conversations with ELAN members have shown the need to address the overlapping effects of precarity, isolation, and lack of resources on artists' health. ELAN is interested in building community resilience by connecting artists with tangible tools and resources, exploring artistic solutions, while also situating these networks within broader conversations about structural barriers to health care.

In 2020, ELAN is continuing its "Creative Resilience: Exploring Arts & Health" series with creative workshops and an expert panel discussion, exploring the intersections between arts and health. Creative Resilience: Explor-

ing Arts & Health is a short series of events developed by ELAN taking place between November 2019 and January 2020. The first two events were hosted in partnership with Studio 303, and Csenge Kolozsvari of Senselab.

The next event in the Creative Resilience series is a workshop led by Lisa Ndejuru and Joliane Allaire, that will be held on Wednesday January 22 from 6 p.m. to 8 p.m. Lisa and Joliane's workshop will be informed by Social Presenting Theatre, Playback Theatre and Moreno psychodrama, whose creative methods are used to explore storytelling and movement through trauma. By sculpting what it is that makes us feel stuck in the creative process, participants in the workshop will engage with the question: where does movement begin? This workshop is open to the public, with no prior performance experience necessary, and will be held at Studio 428, located at 3680 Jeanne Mance St. Cost is \$10 for ELAN members, and \$15 for public, although no

one will be turned away for lack of funds.

The next workshop will be "Creative Resources: A Mindfulness-based Approach to Self-Care," facilitated by Sonia Osorio. The event will include seated and walking meditation, dyad work and group exercises. Sonia Osorio has a Master's level training in homeopathic medicine and naturopathy. She is also a massage therapist and a certified yoga instructor and meditation practitioner with over 20-years' experience in mind-body approaches to health and well-being. This workshop will be held on Sunday January 26 from 11 a.m. to 1 p.m. in the same location.

The Creative Resilience series will conclude with a panel on Access & Alternatives, to be held on Thursday, January 30, from 6 p.m. to 7:30 p.m. This event is free to attend, and will be located at the MAI's café-bar located at 3680 Jeanne Mance St. The panel will

be followed by an informal evening of drinks and networking, with representatives from the Community Health and Social Services Network, and other community organizations.

The Access & Alternatives panel will feature Courtney Kirkby, representing the Tiger Lotus Co-operative Wellness Centre. Courtney will speak about the Tiger Lotus Centre's alternative access models for complementary medicine to reach under-served populations and reduce the load on an overburdened provincial health system. Joining Courtney Kirby is Montreal-based journalist Aimee Louw, whose work intersects with accessibility, disability justice, sexuality, undoing settler fantasies, and feminism. Aimee will speak about developing creative communities with the politics of accessibility justice and social support networks, and how normalizing accessible spaces is an act of community care and individual wellbeing.

# Electric vehicles on Quebec roads jump 71 per cent

Record Staff

The number of electric vehicles (EVs) on Quebec roads has shot up 71 per cent in one year thanks to rebates and the improved battery range of many popular models that now compares to that of gas-powered vehicles.

Many of the recently launched EV models can now travel around 400 km on a single charge. At the upcoming Montreal International Auto Show (MIAS) a number of electric vehicles will be on site to test drive free of charge. Four models will be available for test drive: last year's sensation the Hyundai Kona Electric (415 km), the forever ultramodern Chevrolet Bolt EV (417 km), the new Kia Soul EV (383 km), and the Nissan Leaf (243 to 363 km depending on the model).

In total, 11 EVs will be available for test driving at the MIAS.

Crossovers, SUVs, compacts, sedans, luxury cars—there are now EVs for every lifestyle, as well as plug-in hybrids for the best of both worlds. EVs remain pricier than their gas-powered equivalents when you drive them off the lot, but the gap is closing, particularly with the arrival of federal rebates that combine with the Quebec rebates that can shave around \$13,000 off the price (after taxes). Factor in gas and electricity costs and an EV can end up costing the same as a vehicle with an internal combustion engine—or even less.

See you at the Montreal Auto Show!

The Montreal International Auto Show runs from January 17 to 26 at Palais des congrès de Montréal. Sign up for your test drives in Viger Hall on Level 2 or at the Équiterre booth on Level 7. Test drives follow a 3.1 km course on roads and highways together with a guide who can answer any questions you have about the vehicle.

# Alicia Deschênes coming to Richmond Arts Centre

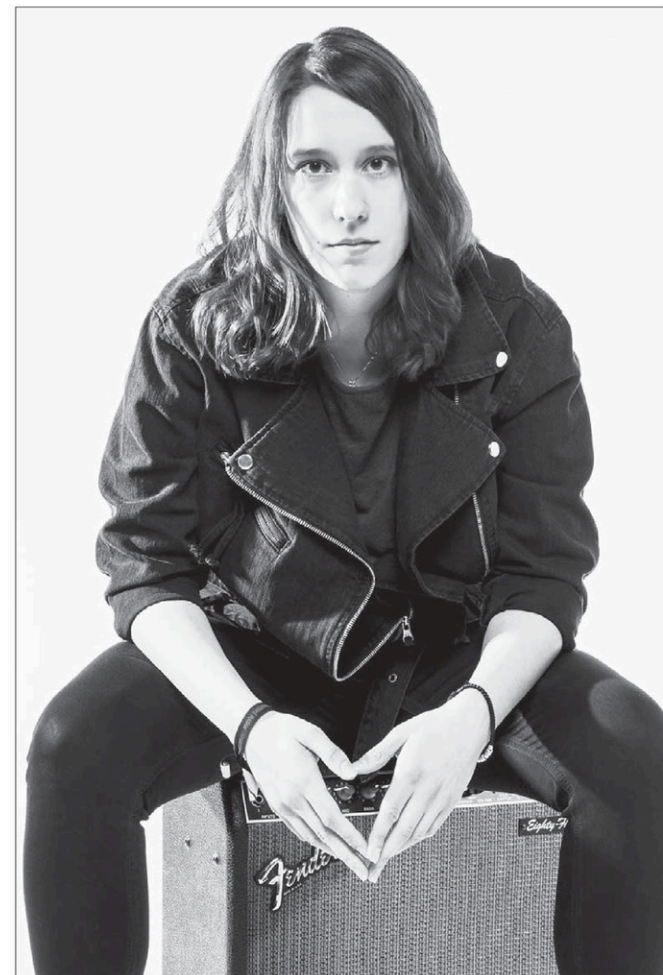
Record Staff

The Richmond Arts Centre will welcome musician Alicia Deschênes on Jan. 25.

When Alicia Deschênes met Daran at the end of 2016, there was an immediate connection.

Her first French-language EP, produced by Daran, was released at the end of October 2017. The title track of the mini-album *Années lumière* quickly carved out a place for itself on commercial and satellite radio. Since then, Alicia has been going from venue to venue opening for Daran's show "Endorphine". In the spring of 2018, Alicia went back into the studio with Daran to prepare her first career album *Comme June aime Johnny*.

The 11-track opus will be available in stores starting Jan. 18, 2019 and has taken Alicia on a tour of Quebec in the past year, and now she is coming to the Richmond Arts Centre to share her new songs.



## Your week on TV

WEEKDAY MORNING																
	Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30		
WCAX	3	-	Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right			
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna			
CBMT	6	206 301	Daybreak		(:11) Addison	True Rainbow	(:08) PJ Masks	(:20) PJ Masks	What He Ate	The Moblees	(9:48) Arthur	Daniel Tiger	Varied Programs			
CHLT	7	107 718	F	Salut bonjour (N) (SC)							(9:59) Deux filles le matin (N)	Boomerang	Le tricheur	Mario Dumont		
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Th										(9:59) Ça finit bien la semaine						
WMTW	8	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Tamron Hall	The View				
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CKMI	11	-	Global News Morning						The Morning Show		Sarah's House	Donut Shwdown	Tamron Hall			
CFCF	12	205 312	Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View			
WVNY	22	-	Local 22 News This Morning		Good Morning America				The Mel Robbins Show		Paid Program	Var. Programs	The View			
WUTV	30	-	Paid Program	Paid Program	2 on Your Side Daybreak		Var. Programs	Couples Court	The 700 Club		Judge Mathis		Judge Jerry	Judge Jerry		
CFKS	31	106 726	F	NVL (SC)	Moment V	Moment V	NVL en bref	Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Infopublicité	Scorpion (SC)		
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			T													
			W													
Th																
WUHF	-	363	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Judge Jerry	Judge Jerry		
WETK	-	-	Classical	World News	Curious	Nature Cat	Wild Kratts	Molly of Denali	Xavier Riddle	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Sesame Street	Pinkalicious		
WCFE	-	-	Nature Cat	Odd Squad	Molly of Denali	Curious	Xavier Riddle	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Sesame Street	Pinkalicious	Arthur		
A&E	615	520	Var. Programs	Joyce Meyer	The First 48	Var. Programs	The First 48		The First 48		The First 48	Varied Programs				
CNN	500	500	New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate			
DISC	520	505	F	Mayday (DVS)	Mayday (DVS)		Mayday "Runaway Train"		Highway Thru Hell		North Woods Law (DVS)		Lone Star Law (DVS)			
			M													
			T													
			W													
Th																
DRAMA	620	523	F	"Love, Again" (2015) Teri Polo, Paul Johansson. (DVS)		Flashpoint (DVS)		"Love, Again" (2015) Teri Polo, Paul Johansson. (DVS)		Flashpoint (DVS)		Flashpoint (DVS)				
			M	"Autumn in the Vineyard" (2016) Rachael Leigh Cook. (DVS)		"Autumn in the Vineyard" (2016) Rachael Leigh Cook. (DVS)		"Autumn in the Vineyard" (2016) Rachael Leigh Cook. (DVS)		"Autumn in the Vineyard" (2016) Rachael Leigh Cook. (DVS)		"Autumn in the Vineyard" (2016) Rachael Leigh Cook. (DVS)				
			T	"Summer in the Vineyard" (2017) Rachael Leigh Cook. (DVS)		"Summer in the Vineyard" (2017) Rachael Leigh Cook. (DVS)		"Summer in the Vineyard" (2017) Rachael Leigh Cook. (DVS)		"Summer in the Vineyard" (2017) Rachael Leigh Cook. (DVS)		"Summer in the Vineyard" (2017) Rachael Leigh Cook. (DVS)				
			W	"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)		"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)		"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)		"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)		"Valentine in the Vineyard" (2019) Rachael Leigh Cook. (DVS)				
			Th	"Love's Complicated" (2015) Holly Marie Combs. (DVS)		"Love's Complicated" (2015) Holly Marie Combs. (DVS)		"Love's Complicated" (2015) Holly Marie Combs. (DVS)		"Love's Complicated" (2015) Holly Marie Combs. (DVS)		"Love's Complicated" (2015) Holly Marie Combs. (DVS)				
HIST	522	506	Canadian Pickers		Ice Road Truckers		Salvage Kings		Ice Road Truckers		Canadian Pickers		Security	Var. Programs		
PARMT	628	584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
RDI	126	730	(5:00) RDI matin													
SHOW	616	521	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	L'info	Movie	Movie	Varied Programs	Varied Programs	Isabelle Richer		
SLICE	601	562	ET Canada	Say Yes-Dress	Love It or List It	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs		
TLC	521	560	What Not to Wear		What Not to Wear		What Not to Wear		What Not to Wear		Dr. Pimple Popper		Dr. Pimple Popper			
TSN	400	400	F	SportsCentre	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)	SportsCentre (DVS)		
			M	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis	Australian Open Tennis		
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YOUTH	551	542	Go Away Uni	Cloudy, Meat	Loud House	Loud House	SpongeBob	SpongeBob	Cloudy, Meat	Cloudy, Meat	Go Away Uni	(:40) Wayside	(:05) Wayside	Chuck's		

# Your week on TV

## WEEKDAY AFTERNOON

Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Family Feud	Family Feud	Channel 3	3 News			
WPTZ 5	-	NBC5 News	Daily Blast	Days of our Lives	Tamron Hall	Dr. Phil	The Ellen DeGeneres Show	NBC5 News	NBC5 News				
CBMT 6	206	301	CBC News Network	Murdoch Mysteries	Heartland	Escape to the Chateau: DIY	Vet on the Hill	Save With Jamie					
CHLT 7	107	718	(:13) Le TVA régional	Movie	Var. Programs	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles				
WMTW 8	-	-	WMTW News 8 at Noon	GMA3: Strahan, Sara & Keke	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	WMTW News 8 at 5PM					
CKSH 9	108	-	F Téléjournal	Vocation	Heartland (DVS) (SC)	Virginie (SC)	Virginie (SC)	Castle "Le coeur ou la raison"	On va se le dire (SC)	L'effet	Silence		
			M Antiques Roadshow (SC)	Chien					On va se le dire (N)				
			T In Their Own Words (N) (SC)	Monde-parlait									
			W Finding Your Roots	La facture									
			Th NOVA "The Planets: Saturn"	L'épicerie									
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray	Leave-Bryan	The Young and the Restless	Global News			
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show	The Ellen DeGeneres Show	CTV News Montreal at 5					
WVNY 22	-	-	Hot Bench	Hot Bench	GMA3: Strahan, Sara & Keke	General Hospital	Judge Judy	Judge Judy	Judge Judy	Judge Judy			
WUTV 30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	Injury Court	Injury Court	25 Words	America Says	Family Feud	Family Feud		
CFKS 31	106	726	Souper parfait	Movie	Movie	Les Simpson	Les Simpson	Les Simpson	Les Simpson	Guerre-clans			
WUHF	-	363	The Steve Wilkos Show	Maury	Emeril	Divorce Court	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Splash	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs			World News
			F Expedition With Steve	Museum	Ready Jet Go!	Let's Go Luna!	Arthur (EI)	Odd Squad	Nature Cat	Xavier Riddle	Wild Kratts	Daniel Tiger	Curious
			M Antiques Roadshow (SC)	Love Quilting							Rhythm and Roots of Arthur		
			T In Their Own Words (N) (SC)	Rick Steves							Wild Kratts	Daniel Tiger	
			W Finding Your Roots	Outside-Greg									
			Th NOVA "The Planets: Saturn"	Mountain Lake									
A&E	615	520	Varied Programs										
CNN	500	500	Inside Politics	CNN Right Now	CNN Newsroom	CNN Newsroom	CNN Newsroom	The Lead With Jake Tapper	Situation Room With Wolf				
			F CSI: Crime Scene Investigat'n	CSI: New York (N) (SC)	Heavy Rescue: 401	MythBusters "Heads Will Roll"	CSI: Crime Scene Investigat'n	CSI: New York (N) (SC)					
			M CSI: New York (N) (SC)										
DISC	520	505											
			T										
			W										
			Th										
DRAMA	620	523	Movie		Flashpoint	Varied Programs							
			F Forged in Fire "The Cutlass"	Kings of Pain "Execution Day"	American Pickers "Snow Job"	Unidentified: America's UFO	Unidentified: America's UFO	Kings of Pain "Execution Day"					
			M		UFO Conspiracy: Hunt for the Truth (N) (DVS)	Ancient Aliens (DVS)							
HIST	522	506			Project Blue Book (N)	Project Blue Book (N)							
			T		Counting Cars	Counting Cars	The UnXplained "Evil Places"						
			W										
			Th										
PARMT	628	584	Varied Programs										
RDI	126	730	Téléjournal	Les ex	L'info			(3:59) Mordus de politique	En direct avec Patrice Roy				
			F (11:00) "October Gale" (2014)	NCIS "Hit and Run" (N)	NCIS "Canary" (DVS)	NCIS "Hereafter" (N)	NCIS "Detour" (DVS)	NCIS "Prime Suspect" (N)					
			M ** "Adoration" (2013, Drama) Robin Wright. (N) (DVS)										
			T "Death of a Cheerleader" (2019) Aubrey Peeples. (N)										
			W ** "Foolproof" (2003) Ryan Reynolds, David Suchet. (N) (SC)										
			Th "Abducted: The Mary Stauffer Story" (2019) Corina Akeson.										
SLICE	601	562	Love It or List It	Say Yes-Dress	Say Yes-Dress	Varied Programs	Rachael Ray	Blind Date	Blind Date				
TLC	521	560	Hoarding: Buried Alive	Hoarding: Buried Alive	My 600-Lb. Life	Varied Programs							
TSN	400	400	SportsCentre	SportsCentre	Varied Programs	NBA: The Jump	High Noon	Questionable	Around/Horn	Interruption			
YOUTH	551	542	Cloudy, Meat	Cloudy, Meat	Go Away Uni	(:40) Wayside	Chuck's	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House	Loud House

## FRIDAY EVENING JANUARY 17, 2020

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)	Hawaii Five-0 A dangerous hurricane hits Oahu. (SC)	Magnum P.I. A killer may be praying on wealthy men. (N)	Blue Bloods "Handcuffs" (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (SC)				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (SC)	Wheel of Fortune (N) (SC)	Lincoln Rhyme: Hunt for the Bone Collector (N) (SC)	Dateline NBC (N) (SC)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (SC)				
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (SC)	Coronation Street (N) (SC)	marketplace	You Can't Ask That (N)	The Nature of Things The truth about sodium. (N) (SC)	The National (N) (SC)	CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street (SC)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)	Du talent à revendre (N) (SC)	La liste noire Red et Dembe recrutent Glenn. (N) (SC)	TVA nouvelles (N)	(:35) ** "La dernière chasse aux sorcières" (2015, Fantastique) Vin Diesel, Elijah Wood, Rose Leslie. (DVS) (SC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (SC)	Jeopardy! (N) (SC)	Jeopardy! The Greatest of All Time (N) (SC)	20/20 "Overboard" A pair of grandparents goes missing. (N) (SC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (SC)				
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Le TJ Extra ICI Estrie (N)	Au suivant Des rencontres bien spéciales. (N) (SC)	Prière de ne pas envoyer de fleurs (N) (SC)	Ouvrez les guillemets (N)	Les mag-nifiques	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI 11	-	-	Global National (N) (SC)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Hawaii Five-0 A dangerous hurricane hits Oahu. (SC)	Nurses Keon confides in a former friend. (DVS)	Border Security: America	Border Security: America	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (SC)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (SC)	Local 22 News (N)	Local 22 News (N)	Inside Edition (N) (SC)	Jeopardy! The Greatest of All Time (N) (SC)	20/20 "Overboard" A pair of grandparents goes missing. (N) (SC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (SC)				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (SC)	Jeopardy! The Greatest of All Time (N) (SC)	20/20 "Overboard" A pair of grandparents goes missing. (N) (SC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (SC)				
WUTV 30	-	-	The Big Bang Theory (SC)	Judge Judy (N) (SC)	Judge Judy (N) (SC)	Family Feud (N) (SC)	WWE Friday Night SmackDown (N) (Live) (SC)	2 on Your Side	Seinfeld "The Bris" (SC)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS 31	106	726	Souper parfait	Souper parfait	L'arbitre Une voiture est l'objet d'une dispute. (SC)	Huissiers (SC)	Huissiers (SC)	Code 111 (SC)	Code 111 (SC)	Sang cervelle (N) (SC)	Souper parfait	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	Modern Family (N) (SC)	Modern Family (N) (SC)	The Big Bang Theory (SC)	The Big Bang Theory (SC)	WWE Friday Night SmackDown (N) (Live) (SC)	13WHAM News at 10 on Fox Rochester (N) (Live) (SC)	DailyMailTV (N) (SC)	The Simpsons (N) (SC)	Patsy Cline (N) (SC)			
WETK	-	-	PBS NewsHour (N) (SC)	Outdoor Journal	Vermont This Week (N)	Washington Week (N) (SC)	John Sebastian Presents: Folk Rewind (My Music) Artists of the 1950s and '60s. (N) (SC)	Country Music "Hillbilly Shakespeare (1945-1953)" Country stars of post-war America. (N) (DVS)	BBC World News (SC)	Amanpour and Company (N) (SC)	BBC World News (N) (SC)			
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N) (SC)	Mountain Lake Journal	New York Now (SC)	Country Music "Hillbilly Shakespeare (1945-1953)" Country stars of post-war America. (N) (DVS)	BBC World News (SC)	Amanpour and Company (N) (SC)				
A&E	615	520	(5:00) Live PD "Live PD -- 01.11.20" (N) (SC)	(:06) Live PD: Rewind "Live PD: Rewind No. 293" (N) (SC)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (SC)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360					
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Lone Star Law Jet Ski accident; shooting doves. (SC)	Aussie Gold Hunters "Episode 5" (N) (SC)	Highway Thru Hell A burning truck hauling frozen chicken.	Lone Star Law						
DISC	520	505	Highway Thru Hell "Reading The Road" (DVS)	MythBusters Investigating a leaping carp. (N) (SC)	Bones "The Skull in the Desert" Counterfeiting ring. (N) (SC)	Bones Brennan wakes up bloodied and beaten. (N) (SC)	Bones Corpse in the trunk of a car. (N) (SC)	Bones Fragments. (N) (SC)						
DRAMA	620	523	Bones Brennan is the target of a shooting. (DVS)	Bones Subterranean homeless people. (DVS)	Rust Valley Restorers Heading to The Detroit Autorama.	Rust Valley Restorers A 1942 Harley Davidson. (SC)	The UnXplained "Life Beyond Death" (DVS)	Forged in Fire The legendary Cutlass Sword. (N) (SC)	Kings of Pain (DVS)					
HIST	522	506	Forged in Fire The legendary Cutlass Sword. (N) (SC)	Rust Valley Restorers Heading to The Detroit Autorama.	Rust Valley Restorers A 1942 Harley Davidson. (SC)	The UnXplained "Life Beyond Death" (DVS)	Forged in Fire The legendary Cutlass Sword. (N) (SC)	Kings of Pain (DVS)						
PARMT	628	584	Life or Debt Victor tries to save a Miami family. (SC)	Life or Debt Former pop star Aaron Carter needs help. (SC)	*** "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael Clarke Duncan. A condemned prisoner possesses a miraculous healing power. (SC)									
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les décrypteurs (N) (SC)	(:31) Le national (N)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)		
SHOW	616	521	NCIS The team investigates a car accident. (DVS)	NCIS The NCIS team finds an infamous hacker. (N)	*** "Pacific Rim" (2013, Science Fiction) Charlie Hunnam, Diego Klattenhoff, Idris Elba. Humans pilot giant robots to fight monstrous creatures. (N) (DVS)	*** "Battleship" (2012) Taylor Kitsch, Alexander Skarsgard, Rihanna. (N) (DVS)								
SLICE	601	562	Million Dollar Listing Los Angeles (N) (DVS)	Blind Date (N) (SC)	Blind Date (N) (SC)	Blind Date (N) (SC)	Blind Date (N) (SC)	** "A Bad Moms Christmas" (2017) Mila Kunis, Kristen Bell. Premiere. Three friends try to make Christmas perfect for their moms. (N) (DVS)	** "A Bad Moms Christmas" (2017) Mila Kunis. (N) (DVS)					
TLC	521	560	90 Day Fiancé "Choose Me" Mursel packs his bags for Turkey. (N)	Dr. Pimple Popper Delano returns with his back lump. (N)	My Feet Are Killing Me (N) (SC)	My 600-Lb. Life "Supersized: Bethany's Story" Bethany is so big she can't work. (N) (SC)	Dr. Pimple Popper (N) (SC)							
TSN	400	400	SportsCentre (N) (Live) (SC)	NBA Basketball Washington Wizards at Toronto Raptors. From Scotiabank Arena in Toronto. (N) (Live) (SC)	NBA Basketball Portland Trail Blazers at Dallas Mavericks. (N) (Live) (SC)	SportsCentre (N) (SC)								
YOUTH	551	542	Henry Danger	All That (N)	Most Musical Family	*** "Meet the Robinsons" (2007) (N) (DVS)	Henry Danger	All That (N)	Assembly	Assembly	iCarly (SC)			

# Your week on TV

## SATURDAY DAYTIME

JANUARY 18, 2020

Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	-	CBS This Morning: Saturday (N) (SC)			Lucky Dog "Lincoln"	Innovation Nation	Mission Unstoppable	Pet Vet-Team	MyPillow Topper	Major League Fishing's Bass Pro Tour	College Basketball Auburn at Florida. From Exactech Arena in Gainesville, Fla. (N) (SC)	College Basketball					
WPTZ	5	-	-	(7:00) Today (N) (SC)	Hanna Into the Wild	Teen Kids News (N)	Champ Within	Earth Odyssey	Earth Odyssey	Consumer 101 (N)	Vets Saving Pets	A New Leaf	Premier League Soccer Chelsea FC. (N) (Live)	Newcastle United FC vs	Prem Goal Zone	LPGA Golf			
CBMT	6	206	301	(1:11) Beat Bugs (N) (SC)	(4:47) PJ Masks (N) (SC)	Kingdom Force (N)	True Rainbow	Molly of Denali (N)	(21) Addison (SC)	Find Me in Paris (N)	Find Me in Paris (N)	Pinty's Grand Slam of Curling Canadian Open: Men's Quarterfinals. From Gallagher Centre in Yorkton, Saskatchewan.	FIS Alpine Skiing World Cup: Men's Downhill. (N Same-day Tape)						
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			Bien (N) (SC)	Deux filles le matin (SC)		Révoisons maisons	TVA nouvelles (N)	Hors Québec (N)	Infopublicité (SC)	Les looney tunes (N)	** "À la croisée des mondes: la boussole d'or" (2007, Enfants) Nicole Kidman. (DVS) (SC)				
WMTW	8	-	-	Good Morning America (N) (SC)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	oh baby! (SC)	Rock the Park (N)	oh baby! (SC)	Never Fear	Smokeless Grill	LifeLock Protection	UFC Live (N) (Live) (SC)	NBA	NBA Basketball		
CKSH	9	108	-	(1:11) Sonic Boom	(3:31) M. Magoo	Sept nains et moi	(29) Les sapiens	(9:59) Vite pas vite	L'effet secondaire	Estrie	L'épicerie (SC)	Téléjournal	La facture (SC)	Enquête (SC)		Au suivant Des rencontres bien spéciales.	Brokenwood Un voisin est retrouvé mort. (N)		
CKMI	11	-	-	Fish'n Canada	Real Fishing	The Expandables	Fishful Thinking	Anna Olson	Paid Program	Powerboat Television	Entertainment Tonight (N) (SC)	Save My Reno	"All Yours" (2016) Nicolette Sheridan. Cass, a busy, single mother falls for her nanny, Matt.			"Hearts of Spring"			
CFCF	12	205	312	Your Morning Weekend (N) (SC)		Corner Gas (N)	Corner Gas (N)	Operation Smile (N)	Flour Power (N)	Written Canada	Cash Cab (N) (SC)	Moneytalk (N) (SC)	The Urban Vegetarian	The Social (N) (SC)	Seinfeld (N)	Figure Skating Canadian Tire National Championships. (N) (Live) (SC)			
WVNY	22	-	-	Good Morning America (N) (SC)		Good Morning America (N) (SC)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	Rock the Park (N)	Paid Program	Emeril	Paid Program	Paid Program	UFC Live (N) (Live) (SC)	NBA	NBA Basketball	
WUTV	30	-	-	TALCUM	Oxygen Therapy	5 Makeup Tips 4 You	Oxygen Therapy	BLINK	Emeril	LifeLock Protection	Hoops Tip-Off	College Basketball Seton Hall at St. John's. From Madison Square Garden in New York. (N)	College Hoops	College Basketball Colorado at Arizona. (N) (Live) (SC)					
CFKS	31	106	726	Infopublicité (SC)	Moment V (SC)	Leurre juste	NVL en bref (N)	RPM Luc-Olivier nous parle du Kia Telluride.	RPM plus "Rachat d'une location" (SC)	Zone aventure	Infopublicité (SC)	Supergirl Un circuit de combats clandestins.	*** "Quand l'inspecteur s'emmêle" (1964, Comédie) Peter Sellers, Elke Sommer. (SC)						
WUHF	-	363	-	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	BLINK	Emeril	LifeLock Protection	Hoops Tip-Off	College Basketball Seton Hall at St. John's. From Madison Square Garden in New York. (N)	College Hoops	College Basketball Colorado at Arizona. (N) (Live) (SC)					
WETK	-	-	-	Rick Steves' Heart of Italy heartland. (N) (SC)	Touring the Italian			Fleetwood Mac: The Dance (N) (SC)	Rock group reunites.	Test Kitchen	Cook's Country	Woodsmith Shop "Adjustable Stool" (N) (SC)	A stool with an adjustable height. (N) (SC)	70s Soul Superstars (My Music) (N) (SC)					
WCFE	-	-	-	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House (N)	This Old House (N)	Kimball's Milk Street	Jamie's Quick	Jacques Pépín	Lidia's Kitchen (N)	Mexican Table	Cook's Country	Test Kitchen	Sara's Weeknight
A&E	615	520	-	Flipping Vegas "Chop House" (N) (SC)	Flipping Vegas Flipping a flooded house.			Zombie House Flipping (N) (SC)	Zombie House Flipping "Ranger Danger"	Alaska PD "Call of the Wild" (N) (SC)	Alaska PD "Call of the Wild" (N) (SC)	Alaska PD "Call of the Wild" (N) (SC)	Alaska PD "Call of the Wild" (N) (SC)	Live PD "Live PD -- 01.04.19" (N) (SC)					
CNN	500	500	-	New Day Weekend		Smerconish (N) (SC)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom		
DISC	520	505	-	Lone Star Law "Mayday" (SC)	North Woods Law "Hit and Run" (N) (SC)			North Woods Law "Hit and Run" (N) (SC)	North Woods Law "Hit and Run" (N) (SC)	Lone Star Law "Moving Target" (SC)	Mighty Trains "Rocky Mountaineer"	Mighty Trains "Rocky Mountaineer"	Mighty Trains "Rocky Mountaineer"	Heavy Rescue: 401 "Take A Deep Breath"	Highway Thru Hell "Fried Chicken" (SC)				
DRAMA	620	523	-	Bones Fragments. (N) (DVS)	Bones Brennan is the target of a shooting.			Bones Subterranean homeless people. (N)	Bones Counterfeiting ring. (N) (DVS)	Bones A 300-year-old finger bone. (N)	Bones "The Man in the Morgue" (N)	Bones "The Man in the Morgue" (N)	Bones "The Man in the Morgue" (N)	House House spends the night in jail. (N)	House Saving a coma patient's son. (N)				
HIST	522	506	-	Canadian Pickers (N) (DVS)	American Pickers Civil War revolvers. (N)			American Pickers "Eyes on the Prize" (N) (SC)	Pawn Stars "Pawn Off the Grid" (N) (SC)	Counting Cars (N)	Counting Cars (N)	Forged in Fire The KA-BAR military blade. (N)	Forged in Fire "Knights Templar" (N)	Pawn Stars "Pawn Off the Grid" (N) (SC)	Pawn Stars "Pawn Off the Grid" (N) (SC)				
PARMT	628	584	-	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	** "Four Brothers" (2005) Mark Wahlberg. Siblings seek revenge for their adoptive mother's murder. (SC)			*** "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A thief and his crew plan to steal back their gold. (SC)			** "Shooter"				
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)			L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	Les décodeurs	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)		
SHOW	616	521	-	(7:00) ** "Blindness" (2008) Julianne Moore. (DVS)	** "Battleship" (2012) Taylor Kitsch, Alexander Skarsgard, Rihanna. Earth comes under attack from a superior alien force. (N) (DVS)			** "Independence Day: Resurgence" (2016, Science Fiction) Liam Hemsworth, Jeff Goldblum. (N) (DVS)			** "Pacific Rim" (2013) Charlie Hunnam.								
SLICE	601	562	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	* "This Means War" (2012, Action) Reese Witherspoon, Chris Pine, Tom Hardy. (N) (SC)			*** "Pitch Perfect" (2012) Anna Kendrick. College students enter an a cappella competition. (N) (DVS)			** "Pitch Perfect 2" (2015, Musical Comedy) Anna Kendrick, Rebel Wilson. (N) (DVS)						
TLC	521	560	-	Untold Stories of the E.R. "Stuck in a Toilet"	Untold Stories of the E.R. "Drama Mama"			Untold Stories of the E.R. "Twist & Shout"	Untold Stories of the E.R. (N) (SC)	Untold Stories of the E.R. "Delusional Bride"	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress		
TSN	400	400	-	SportsCentre (SC)	SportsCentre (SC)			SportsCentre (SC)	SportsCentre (SC)	College Basketball Ohio State at Penn State. (N) (Live) (SC)	Must See SC (N)	December Plays	December Bloopers	December Bloopers	NBA Basketball				
YOUTH	551	542	-	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Loud	*** "Meet the Robinsons" (2007) (N) (SC)			Power	Sponge.	Sponge.	Sponge.	

## SATURDAY EVENING

JANUARY 18, 2020

Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:45) College Basketball Oregon at Washington. From Alaska Airlines Arena in Seattle.			Channel 3 News	Weekend News	Entertainment Tonight (N) (SC)	NCIS: Los Angeles "No More Secrets"	48 Hours (N) (SC)	48 Hours (N) (SC)	48 Hours (N) (SC)	Channel 3 News	The Song	NCIS: N.O.		
WPTZ	5	-	-	LPGA Golf		NBC Sports Special (N)	NBC5 News at 6	Nightly News	Jeopardy! (N) (SC)	Wheel of Fortune	Dateline NBC (N) (SC)	Saturday Night Live (N) (SC)	NBC5 News	(29) Saturday Night Live (N) (SC)				
CBMT	6	206	301	Snowboarding		FIS Freestyle	Montreal News	Hockey Night	NHL Hockey Chicago Blackhawks at Toronto Maple Leafs. From Scotiabank Arena in Toronto. (N) (Live) (SC)	NHL Hockey San Jose Sharks at Vancouver Canucks. (N) (Live) (SC)								
CHLT	7	107	718	(1:15) ** "Blindé" (2009, Suspense) Matt Dillon, Jean Reno, Laurence Fishburne. (SC)	TVA nouvelles (N)			** "Indiana Jones et le royaume du crâne de cristal" (2008, Aventures) Harrison Ford, Cate Blanchett. (SC)			(8:55) *** "Iron Man 3" (2013, Action) Robert Downey Jr. Tony Stark se lance dans une quête acharnée.			(3:2) TVA nouvelles	"L'oeil du mal"			
WMTW	8	-	-	(3:30) NBA Basketball Los Angeles Clippers at New Orleans Pelicans. (N) (Live) (SC)			WMTW News 8 at	World News	AAA Benefits	Jeopardy! (N) (SC)	The Jump (N) (SC)	NBA Basketball Los Angeles Lakers at Houston Rockets. From the Toyota Center in Houston. (N) (Live) (SC)	WMTW News 8	Castle "Private Eye Carabambal" (N) (SC)				
CKSH	9	108	-	(3:00) Brokenwood (N) (SC)	La semaine verte (N) (SC)			Téléjournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)	Le dernier soir "La chasse" (N)	Les soirées carte blanche (N) (SC)	Le téléjournal	Doc humanité "L'essor de Shekinah" (N)	Dre Grey, leçons d'anatomie (N) (N)			
CKMI	11	-	-	(3:30) "Hearts of Spring" (2016) Lisa Whelchel. (DVS)			Focus Montreal	Global News at 6	Global National	Border Security	Border Security	Ransom "The Fawn" (N) (DVS)	Private Eyes "The Hills Have Eyes"	Mary Kills People "The Means"	Global News	(29) Saturday Night Live (N) (SC)		
CFCF	12	205	312	Figure Skating	Seinfeld "The Pen"	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (SC)	W5 "Forgotten Life; Scotty" (N) (N)	Figure Skating Canadian Tire National Championships, Men's Free Skate. (N) (SC)	Big Bang Theory	Big Bang Theory	News-Rinaldo	CTV News Montreal	(12:05) Pop Life			
WVNY	22	-	-	(3:30) NBA Basketball Los Angeles Clippers at New Orleans Pelicans. (N) (Live) (SC)			World News	Local 22 News (N)	Extra (N) (SC)	The Jump (N) (SC)	NBA Basketball Los Angeles Lakers at Houston Rockets. From the Toyota Center in Houston. (N) (Live) (SC)	Local 22 News (N)	Extra (N) (SC)					
WUTV	30	-	-	College Basketball	College Hoops	NFL Special	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	Boxing PBC Fight Night: Julian Williams vs. Jeison Rosario. (N) (Live) (SC)	2 on Your Side at 10	Big Bang Theory	Beat Shazam "A Game of One Word"	Robin Williams			
CFKS	31	106	726	"Quand inspect." (15) ** "L'an un" (2009, Comédie) Michael Cera, Oliver Platt. (SC)	Jack Black, Philip Seymour Hoffman. Premiere. (SC)			*** "Mission: Impossible III" (2006, Action) Tom Cruise, Philip Seymour Hoffman. Premiere. (SC)			(15) ** "Nico" (1988) Steven Seagal. Des policiers de Chicago combattent des trafiquants de cocaïne. (SC)			NVL en bref (SC)	Moment V (SC)			
WUHF	-	363	-	College Basketball	College Hoops	NFL Special (SC)	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Boxing PBC Fight Night: Julian Williams vs. Jeison Rosario. (N) (Live) (SC)	WHAM News	Game Time	Beat Shazam "A Game of One Word"	ROH Wrestling			
WETK	-	-	-	(3:00) 70s Soul Superstars (My Music) (N) (SC)			NewsHour Wk	As Time Goes By	Keep-Appear	Hold the Sunset (N)	Still Open All Hours	Miss Fisher's Murder Mysteries (N) (SC)	Doc Martin "From the Mouths of Babes" (N)	Shakespeare and Hathaway -- Private	Austin City Limits (N) (SC)	Underground		
WCFE	-	-	-	Antiques Roadshow (Part 2 of 3) (SC)			Samantha Br	R. Steves' Europe	Seeing Canada	NewsHour Wk	Mountain Lake	New York Now (N)	Miss Marple "The Moving Finger" (SC)	Sanditon on Masterpiece (Series Premiere) Charlotte arrives in Sanditon. (N) (SC)	Howards End on Masterpiece (SC)	Austin City Limit		
A&E	615	520	-	(2:00) Live PD "Live PD -- 01.04.19" (N) (SC)			Live PD "Live PD -- 01.10.20" (N) (SC)			(06) Live PD: Rewind (N) (SC)			Live PD "Live PD -- 01.18.20" (N) (Live) (SC)					
CNN	500	500	-	CNN Newsroom		CNN Newsroom	S. E. Cupp Unfiltered	CNN Newsroom (N)	CNN Newsroom	CNN Newsroom	CNN Newsroom	The Nineties "The One About TV" (SC)	The Eighties (SC)					
DISC	520	505	-	Lone Star Law "Mayday" (SC)	North Woods Law "A Test of Strength"			North Woods Law "Out of Control"	North Woods Law "Cold Case" (SC)	North Woods Law "No Room for Error"	North Woods Law "No Room for Error"	North Woods Law "Weed Whackers"	North Woods Law "Weed Whackers"	North Woods Law "Weed Whackers"	North Woods Law "Weed Whackers"			
DRAMA	620	523	-	House An 18-year-old heart-attack patient.	The Closer Murder of a psychiatrist. (N)			The Closer Congresswoman's daughter.	The Closer "The death of a prominent judge."	The Closer "Batter Up" (N) (DVS)	Law & Order: Special Victims Unit (N) (N)	Criminal Minds "Spectator Slowing"	Magnum P.I. "Payback for Beginners"	The Closer (N)				
HIST	522	506	-	American Pickers Civil War revolvers.	American Pickers "Eyes on the Prize"			Ancient Aliens "The Trans-Dimensionals"	The Unexplained "Life Beyond Death" (N)	The Curse of Oak Island: Digging Deeper	The Secret History Of Air Force One (N)	The Secret History of the White House (N)	Kings of Pain "Execution Day" (N)	American Pickers				
PARMT	628	584	-	(3:30) ** "Shooter" (2007) Mark Wahlberg. A wounded sniper plots revenge against those who betrayed him.			** "Four Brothers" (2005) Mark Wahlberg. Siblings seek revenge for their adoptive mother's murder. (SC)			** "Shooter" (2007, Suspense) Mark Wahlberg, Michael Peña. A wounded sniper plots revenge against those who betrayed him. (SC)			"The Italian Job"					
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le téléjournal	L'épicerie (N) (SC)	Le téléjournal	Découverte (N) (SC)	(3:1) Le national	(01) Les grands reportages (SC)	Le téléjournal	La facture (N) (SC)	Le téléjournal	Le national	Le téléjournal	Les grands reportages (SC)	
SHOW	616	521	-	(3:00) *** "Pacific Rim" (2013) Charlie Hunnam, Diego Klattenhoff. (N) (DVS)			** "Battleship" (2012) Taylor Kitsch, Alexander Skarsgard. Earth comes under attack from a superior alien force. (N) (DVS)			** "Independence Day: Resurgence" (2016, Science Fiction) Liam Hemsworth, Jeff Goldblum. (N) (DVS)			*** "Mad Max: Fury Road" (2015) (N) (SC)					
SLICE	601	562	-	"Pitch Perfect 2"	* "This Means War" (2012, Action) Reese Witherspoon, Chris Pine. (N) (SC)			*** "Pitch Perfect" (2012) Anna Kendrick. College students enter an a cappella competition. (N) (DVS)			** "Pitch Perfect 2" (2015) Anna Kendrick. The Barden Bellas compete at the world championships. (N)			* "This Means War" (2012, Action) (N) (SC)				
TLC	521	560	-	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes, Dress		
TSN	400	400	-	(3:30) NBA Basketball Los Angeles Clippers at New Orleans Pelicans. (N) (Live) (SC)			NBA Basketball Milwaukee Bucks at Brooklyn Nets. From Barclays Center in Brooklyn, N.Y. (N) (Live) (SC)			NBA Basketball Los Angeles Lakers at Houston Rockets. From the Toyota Center in Houston. (N) (Live) (SC)			SportsCentre (N) (Live) (SC)	SportsCentre				
YOUTH	551	542	-	Sponge.	Casagran	Henry	All That	*** "Inside Out" (2015) (N) (DVS)			** "Monsters vs. Aliens" (2009) (N) (SC)			All That	Assembly	Just Kid	Just Kid	Henry

# Your week on TV

SUNDAY DAYTIME													JANUARY 19, 2020					
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N) (LIVE)			Face the Nation (N) (LIVE)	Best Friends	NFL Championship Chase (N) (LIVE)		The NFL Today (N) (LIVE)			NFL Football: Titans at Chiefs			
WPTZ	5	-	-	Sunday Today With Willie Geist (N)	Meet the Press (N) (LIVE)	Soledad O'Brien	Open House	Carbonaro Eff.	Carbonaro Eff.	Home-owner	NHL Hockey Boston Bruins at Pittsburgh Penguins. From PPG Paints Arena in Pittsburgh. (N) (LIVE)			LPGA Golf				
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Weekly-Wendy	Maamuitau	Pinty's Grand Slam of Curling Canadian Open: Women's Final. From Gallagher Centre in Yorkton, Saskatchewan. (N)			IBSF World Cup Bobsleigh and Skeleton 4-Man Bobsleigh. (LIVE)				
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			*** "Florence Foster Jenkins" (2016) Meryl Streep, Hugh Grant. Premiere. (DVS) (SC)			TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Les petits doués Un cow-boy de cinq ans.	* "Opération noisettes" (2014, Enfants) Voices of Will Arnett. (SC)				
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	We Have a Dream Inspirational African Americans.			World of X Games (N)	College Football 150: The American Game			
CKSH	9	108	-	(:11) Sonic Boom	Mike, une vie	(8:59) Tom Sawyer (N)	(:29) Oniva! (N)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	Second regard	Les dieux de la danse (SC)	*** "Moana" (2016) Auli'i Cravalho (SC)				
CKMI	11	-	-	Fishful Thinking	Entertainment Tonight	House of Bryan	Joel Osteen	Paid Program	The West Block (N)	Focus Montreal	Sarah Off the Grid "Designer Daughters"	Save My Reno	Carnival Eats	Ice Road Truckers "Rushin' Roulette"	Rust Valley Restorers "Going Into Battle"			
CFCF	12	205	312	Children's Villages	The Social	Cash Cab	Operation Smile	Context: Beyond	Church of the Rock	Question Period (N) (LIVE)	Big Bang Theory	Big Bang Theory	The NFL Today (N) (LIVE)			NFL Football: Titans at Chiefs		
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		What Matters	The Key of David	Cancer? Get \$\$!	Paid Program	Paid Program	Cancer? Get \$\$!	Paid Program	Paid Program	World of X Games (N)	College Football 150: The American Game		
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)			Sharyl Attkisson	The Key of David	BLINK	Oxygen Therapy	Oxygen Therapy	Weight Loss	*** "Urban Cowboy" (1980, Drama) John Travolta. A Texas oil worker looks for love at a popular honky-tonk.				
CFKS	31	106	726	Il est écrit (SC)	Moment V (SC)	L'heure de la NVL week-end (N)	RPM La piste à Charleville. (N) (SC)	RPM plus (N) (SC)	Zone VL (SC)	Infopublicité (SC)	Marvel: agent Carter (N) (SC)	*** "Urban Cowboy" (1980) John Travolta. A Texas oil worker looks for love at a popular honky-tonk.			Game Time			
WUHF	-	-	363	Wild America	Paid Program	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	Home Flipping	Home Flipping	Ring of Honor Wrestling (N)	Black America Since MLK: And Still I Rise The struggle for black equality. (LIVE) (DVS)			Black America Since MLK: And Still I Rise America's changing racial landscape. (LIVE)			
WETK	-	-	-	Engelbert Humperdinck in Hawaii	5 Day Rapid Reset With Dr. Kellyann A five-day gentle cleanse. (LIVE)			Mister Chris	Vermont This Week	Made Here "An American, Portrait of Raymond Luc Levasseur"	(:45) Made Here			Journey of Jonathan Daniels	John Sebastian Presents: Folk Rewind			
WCFE	-	-	-	Wild Kratts	Wild Kratts	Washington Week	To Be Announced	Mountain Lake	New York Now	Martin Luther King, Jr. Celebration	Black America Since MLK: And Still I Rise The struggle for black equality. (LIVE) (DVS)			Black America Since MLK: And Still I Rise America's changing racial landscape. (LIVE)				
A&E	615	520	-	(7:30) Hoarders	Hoarders A house has 47 cats and dogs. (LIVE)			Hoarders "Kevin; Mary" (LIVE)	Hoarders "Sandy & Len" (LIVE)	America's Top Dog (LIVE)	America's Top Dog A veteran K-9 competes.	*** "Hacksaw Ridge" (2016) Andrew Garfield. Medic Desmond Doss becomes a hero during World War II. (LIVE)						
CNN	500	500	-	Inside Politics (N)	State of the Union	Fareed Zakaria GPS	Reliable Source	State of the Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	
DISC	520	505	-	Insane Pools: Off the Deep End	Tanked Tranquil tanks to soothe the nerves.	North Woods Law "Nothing to Hide"	North Woods Law "Mud Season"	North Woods Law "No Room for Error"	Mighty Trains "The Shinkansen"	Mighty Cruise Ships	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	MythBusters "Electrified Escape"	
DRAMA	620	523	-	House An 18-year-old heart-attack patient. (LIVE)	Magnum P.I. "Payback for Beginners"	Criminal Minds "Spectator Slowing"	Law & Order: Special Victims Unit	The Closer Murder of a psychiatrist. (LIVE)	The Closer Congresswoman's daughter. (LIVE)	The Closer The death of a prominent judge. (LIVE)	The Closer "Batter Up"	The Closer "Batter Up"	The Closer "Batter Up"	The Closer "Batter Up"	The Closer "Batter Up"	The Closer "Batter Up"	The Closer "Batter Up"	
HIST	522	506	-	Rust Valley Restorers "Basket Case"	American Pickers "Presidential Picks"	American Pickers Frank gets a lesson.	The Curse of Oak Island: Digging Deeper	Kings of Pain "Execution Day"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	Forged in Fire "The Jian Sword"	
PARMT	628	584	-	Bar Rescue A stepson fails as bar manager.	Bar Rescue "Don't Cry for Me Jon Taffer"	Bar Rescue An owner tries out a fetish night.	Bar Rescue A struggling live music venue.	Bar Rescue "Pie Hard"	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)	L'info (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	L'épicerie (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	
SHOW	616	521	-	Lost Girl "Clear Eyes, Fae Hearts"	*** "Mad Max: Fury Road" (2015) Tom Hardy. Mad Max must outrun a warlord and his men in a desert chase. (LIVE)			** "Valerian and the City of a Thousand Planets" (2017) Dane DeHaan. Two operatives battle a dark force in an intergalactic city. (LIVE)			** "Terminator Genisys" (2015) Arnold Schwarzenegger. (LIVE)							
SLICE	601	562	-	Paid Program	PiYo Workout!	Paid Program	Blind Date	Blind Date	*** "Pitch Perfect 2" (2015) Anna Kendrick. The Barden Bellas compete at the world championships. (LIVE) (DVS)			** "Divergent" (2014) Shailene Woodley, Theo James, Ashley Judd. A young woman discovers a plot to destroy those like her. (LIVE) (DVS)						
TLC	521	560	-	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Sister Wives "Kicked Out"	Sister Wives "Happier Alone?"			
TSN	400	400	-	SportsCentre	SportsCentre	SportsCentre	SportsCentre	SportsCentre	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	Postseason NFL Countdown (N) (LIVE)	
YOUTH	551	542	-	Sponge.	Loud	Casagran	Loud	Sponge.	Sponge.	Sponge.	Ninjago	*** "Inside Out" (2015) (LIVE) (DVS)			Barbie	Sponge.	Sponge.	Sponge.

SUNDAY EVENING													JANUARY 19, 2020					
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	(3:00) NFL Football Tennessee Titans at Kansas City Chiefs. (N) (LIVE)	City Chiefs.			Weekend News	60 Minutes (N) (LIVE)	NCIS A Marine's body is discovered. (LIVE)	FBI A bomb detonates at a restaurant.	NCIS: New Orleans (N) (LIVE)	Channel 3 News	Greta Van Susteren	NCIS: N.O.			
WPTZ	5	-	-	LPGA Golf	Alpine Skiing	NBC5 News at 6	Nightly News	America's Got Talent "The Champions Two"	The Champions Two	Ellen's Game of Games	Ellen's Game of Games	Ellen's Game of Games	NBC5 News	Soledad O'Brien	Castle (N) (LIVE)			
CBMT	6	206	301	*** "Kung Fu Panda" (2008, Children's) Voices of Jack Black, Angelina Jolie. (LIVE)	Endlings (N) (LIVE)	Endlings "Surprise"	Find Me in Paris	Find Me in Paris	High Arctic Haulers (N) (LIVE)	The Fifth Estate (N) (LIVE)	The National (N) (LIVE)	Montreal News	Weekly-Wendy	q (N) (LIVE)				
CHLT	7	107	718	"Opération nois" (:19) ** "Des extraterrestres dans le grenier" (2009) (SC)	TVA nouvelles (N) (LIVE)	Vlog (N) (SC)	LOL :-)	La magie des stars (N) (SC)	Dominic Paquet: Rien qu'une gosse: tout inclus (N) (SC)	TVA nouvelles (N) (LIVE)	*** "42: l'histoire de Jackie Robinson" (2013, Biographie) Chadwick Boseman. (SC)							
WMTW	8	-	-	College Football 150: The American Game	Luminess	Emeril	WMTW News 8 at 6	World News	America's Funniest Home Videos (N) (LIVE)	Kids Say the Darndest Things	Shark Tank (N) (LIVE)	Shark Tank (N) (LIVE)	WMTW News 8	Soledad O'Brien	Major Crimes			
CKSH	9	108	-	(3:00) *** "Moana" (2016, Enfants) (SC)	Esprit critique (N) (SC)	Téléjournal Estrie	Découverte (N) (SC)	Pharmachien	Tout le monde en parle (N) (SC)	Le téléjournal	(:15) Kids Say the Darndest Things	Global News	The West Block	Focus Montreal				
CKMI	11	-	-	** "Hancock" (2008, Action) Will Smith, Charlize Theron, Jason Bateman. (DVS)	Global News at 6	Global National	Border Security	Border Security	26th Annual Screen Actors Guild Awards Celebrating outstanding performances. (N)	(:15) Kids Say the Darndest Things	Global News	The West Block	Focus Montreal					
CFCF	12	205	312	(3:00) NFL Football Tennessee Titans at Kansas City Chiefs. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)
WVNY	22	-	-	College Football 150: The American Game	Robin Williams	Robin Williams	World News	Local 22 News (N)	America's Funniest Home Videos (N) (LIVE)	Kids Say the Darndest Things	Shark Tank (N) (LIVE)	Shark Tank (N) (LIVE)	Local 22 News (N)	Graham Bensinger	Judge Judy			
WUTV	30	-	-	(3:30) ** "Good Burger" (1997) Kel Mitchell, Kenan Thompson.	Raw Travel	NFL Pre-game	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)
CFKS	31	106	726	(2:00) *** "11.6" (:15) ** "Parents secours" (1996) Jamie Lee Curtis, Kevin Pollak. Premiere. (SC)	*** "L'incroyable Hulk" (2008) Edward Norton. Bruce Banner affronte un nouvel ennemi de taille. (SC)	"Séducteur et...tueur" (2018, Drame) Jessalyn Gilsig, Jon Cor. (SC)	Rire et délire	NVL week-end (SC)	Moment V (SC)									
WUHF	-	-	363	HS Sports	Rochester Press Box	Ring of Honor Wrestling (N) (LIVE)	NFL Pre-game	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)	NFL Football Green Bay Packers at San Francisco 49ers. (N) (LIVE)
WETK	-	-	-	John Sebastian Presents: Folk Rewind	Festive Europe	NewsHour Wk	The Great British Baking Show	A Place to Call Home	Howards End on Masterpiece	Sanditon on Masterpiece (N) (LIVE)	Vienna Blood "The Last Séance, Part 1"	Call the Midwife	Howards End					
WCFE	-	-	-	In Their Own Words "Muhammad Ali"	Variety Studio	Variety Studio	Great Performances Films and the artists who make them. (N) (LIVE)	Howards End on Masterpiece	Sanditon on Masterpiece (N) (LIVE)	Vienna Blood "The Last Séance, Part 1"	Voces on PBS "The Pushouts"	Howards End						
A&E	615	520	-	"Hacksaw Ridge" (LIVE)	"Bad Twin" (2016, Suspense) Haylie Duff, Grace Van Dien.	** "Top Dog" (1995) Chuck Norris. Policeman, canine partner probe bombings. (LIVE)	Biggie: The Life of Notorious B.I.G. Life story of the influential rapper. (LIVE)	(:04) Alaska PD "Taste of Blood"	Biggie: Notorious									
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	Impeach.	Impeach.	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program	CNN Special Program
DISC	520	505	-	MythBusters "Dropping a Bomb"	North Woods Law "Above and Beyond"	North Woods Law "Takedown"	Highway Thru Hell "Snowmageddon"	Man vs. Bear "Flying Scotsman" (N) (LIVE)	Alaska: The Last Frontier (N) (LIVE)	Alaska: The Last Frontier (N) (LIVE)	Lone Star Law "Crash Course" (N)	Lone Star Law						
DRAMA	620	523	-	Pop Life	*** "Cinderella" (2015, Children's) Blanchett, Lily James. (DVS)	Cate	(:40) ** "Get Smart" (2008) Steve Carell. Agent Maxwell Smart battles the KAOS crime syndicate. (LIVE)	L.A.'s Finest "Con Air" (N) (LIVE)	L.A.'s Finest "Deja Vu" (N) (LIVE)	** "Get Smart" (2008, Comedy) Steve Carell. (LIVE) (DVS)								
HIST	522	506	-	American Pickers "My Sweet Ford"	American Pickers "Presidential Picks"	American Pickers Frank gets a lesson.	Rust Valley Restorers "Basket Case"	Forged in Fire: Cutting Deeper	The Curse of Oak Island: Digging Deeper	The Curse of Oak Island (N) (LIVE)	Kings of Pain "Behind the Bites" (N) (LIVE)	Digging Deeper						
PARMT	628	584	-	Bar Rescue "Loose Lips Loose Tips"	Bar Rescue	Bar Rescue	Bar Rescue "Dragon Lady"	Bar Rescue "Chase Lounge"	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue
RDI	126	730	-	L'info (N) (SC)	Les décrypteurs	Le téléjournal	La facture (SC)	Le téléjournal	Enquête (N) (SC)	(:31) Le national	(:01) La semaine verte (N) (SC)	Le téléjournal	(:31) Les coulisses du pouvoir (SC)	Le national (N)	Le téléjournal	Atlantique	Le téléjournal	
SHOW	616	521	-	(2:30) ** "Terminator Genisys" (2015) Arnold Schwarzenegger.	*** "Mad Max: Fury Road" (2015, Action) Tom Hardy, Charlize Theron, Nicholas Hoult. (LIVE) (DVS)	*** "Allegiant" (2016) Shailene Woodley. Tris and Four journey beyond the wall that enslaves Chicago. (LIVE)	The Real Housewives of Atlanta (N) (LIVE)	** "Divergent" (2014) Shailene Woodley. A young woman discovers a plot to destroy those like her. (LIVE)										
SLICE	601	562	-	** "Insurgent" (2015) Shailene Woodley. Fugitives Tris and Four search for allies and answers. (LIVE) (DVS)	90 Day Fiancé "Choose Me" Mursel packs his bags for Turkey. (LIVE)	90 Day Fiancé	90 Day Fiancé (N) (LIVE)	(:02) Sister Wives (N) (LIVE)	(:02) 90 Day Fiancé (N) (LIVE)	90 Day Fiancé								
TLC	521	560	-	Sister Wives Meri returns to Flagstaff. (LIVE)	90 Day Fiancé "Choose Me" Mursel packs his bags for Turkey. (LIVE)	90 Day Fiancé	90 Day Fiancé (N) (LIVE)	(:02) Sister Wives (N) (LIVE)	(:02) 90 Day Fiancé (N) (LIVE)	90 Day Fiancé								
TSN	400	400	-	(3:00) Rally for Relief	SportsCentre (N) (LIVE)	2020 Australian Open Tennis First Round. From Melbourne, Australia. (N) (LIVE)												
YOUTH	551	542	-	*** "Inside Out" (2015) (LIVE) (DVS)	** "Monsters vs. Aliens" (2009) (LIVE)	Sponge.	"The Games Maker" (2014) Joseph Fiennes.	Assembly	Just Kid	Just Kid	Henry							

# Townships on the menu

With preps under three minutes, all our treats today qualify as 'fast' food in the most literal sense...

## A little peckish?



DIDI GORMAN

Let's have fresh fruit for a quick snack. It's flavorful, juicy, and naturally sweet.

With preps under three minutes, all our treats today qualify as 'fast' food in the most literal sense of the word.

First up, we have sliced banana and strawberries (with a splash of lemon for extra freshness), a classic duo which combines the velvety and the sweet with the tart and the juicy.

Then there's the mango porcupine made by crisscrossing a halved ripe mango (keep skin intact, no pit). Ever seen someone bury their face in a mango porcupine? It's worth it just for that! Expect much slurping and a trickle of juice down the chin. Each mango should yield two such treats.

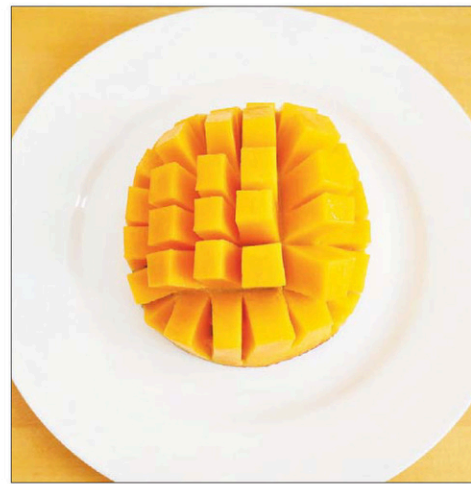
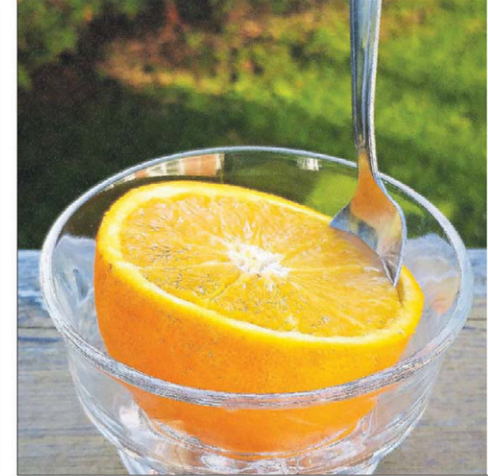
The apple flower -an all-time favorite- is made with the help of a slicer. A splash of lemon will keep the apple from browning too soon, and a sprinkle of ground cinnamon will take it to the next level. Serve immediately after slicing.

Last but not least: the half orange. Leaving the skin intact, slit around the perimeter and along all the internal white lines in the shape of a star, to facilitate scooping out the pulp. This method drenches the orange in its own natural juice. Yumm! The same tactic will work with other citrus fruit, too.

And now that we're totally sold on fruit snacks, allow me to entertain you with a quick trivia quiz:

1. Name a creamy fruit.
2. Which fruits are the juiciest?
3. Name five red fruits.
4. Which fruits are considered tropical?
5. Which fruit grows on the ground?
6. Which fruit is brown on the outside and green on the inside?
7. Give an example of a Mediterranean fruit.

Answers: 1. Banana 2. Citrus fruit 3. Raspberry, strawberry, cherry, cranberry, pomegranate 4. Pineapple, papaya, guava 5. Watermelon, melon 6. Kiwi-fruit 7. Dates, grapes



### BISHOP'S UNIVERSITY EVENTS

#### Duo François

24 janvier | January 2020  
8 pm

Salle BANDEEN Hall  
Université BISHOP'S  
University

819-822-9692  
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Ville de Sherbrooke

## ONYX'S BIRTHDAY JAN. 18<sup>TH</sup> AT 6 PM



VS



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# Your week on TV

MONDAY EVENING													JANUARY 20, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	The Neighborhood (N)	Bob Hearts Abishola (N)	All Rise Lola tries to get a job for her husband. (N) Ⓢ	Bull "Behind the Ivy" An athletic scholarship student dies.	Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓢ				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓢ	Wheel of Fortune (N) Ⓢ	America's Got Talent "The Champions Three" Champions from around the world compete. (N) Ⓢ	(:01) Manifest The Stones try to unlock their callings. (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) Ⓢ					
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) Ⓢ	Family Feud Canada (N)	Murdoch Mysteries A body is found during a fox hunt.	Coroner "Crispr Sistr" The death of a lab assistant. (N)	The National (N) Ⓢ	CBC Montreal News (N)	The Stats of Life Ⓢ	Coronation Street Ⓢ			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Refuge animal (N)	En tout cas (N) (SC)	L'échappée "Dernières volontés" Noémie s'implique.	Fugueuse Fanny se rend à une fête. (N) (SC)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)				
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓢ	Jeopardy! (N) Ⓢ	The Bachelor Peter tries to put the drama behind him. (N) Ⓢ	The Good Doctor A runner suffers from severe swelling.	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! Ⓢ					
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Lâcher prise (N)	Une autre histoire Anémone revoit Rémi-Philippe. (N)	Les pays d'en haut (N) (DVS) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) Ⓢ	(:29) Global News at 6:30	ET Canada	The Neighborhood (N)	Nurses Grace to is forced to confront her past. (N)	(:01) Prodigal Son "Alone Time" (N) Ⓢ (DVS)	Bull "Behind the Ivy" An athletic scholarship student dies.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert Ⓢ				
CFCF 12	205	312	(5:59) CTV News Montreal (N) Ⓢ	etalk (N) Ⓢ	Bob Hearts Abishola (N)	9-1-1: Lone Star A mercury poisoning outbreak. (N) Ⓢ	All Rise Lola tries to get a job for her husband. (N) Ⓢ	The Good Doctor A runner suffers from severe swelling.	News-Lisa	CTV News Montreal (N)	The Daily Show				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) Ⓢ	The Bachelor Peter tries to put the drama behind him. (N) Ⓢ	The Good Doctor A runner suffers from severe swelling.	Local 22 News (N)	(:35) Jimmy Kimmel Live! Ⓢ					
WUTV 30	-	-	The Big Bang Theory Ⓢ	Judge Judy Ⓢ	Judge Judy Ⓢ	Family Feud (N) Ⓢ	9-1-1: Lone Star A mercury poisoning outbreak. (N) Ⓢ	(:01) Prodigal Son "Alone Time" (N) Ⓢ (DVS)	2 on Your Side Seinfeld "The Lip Reader" Ⓢ	Two and a Half Men Ⓢ	Two and a Half Men Ⓢ	Last Man Standing Ⓢ			
CFKS 31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Maître du chantier "La charpente" Construire un chalet.	La semaine des 4 Julie (N) (SC)	La grande évasion Michael planifie son prochain coup.	Souper parfait	NVL (N) (SC)	Moment V (SC)			
WUHF	-	363	Modern Family Ⓢ	Modern Family Ⓢ	The Big Bang Theory Ⓢ	The Big Bang Theory Ⓢ	9-1-1: Lone Star A mercury poisoning outbreak. (N) Ⓢ	(:01) Prodigal Son "Alone Time" (N) Ⓢ (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ	DailyMailTV (N) Ⓢ	The Simpsons Ⓢ	Paid Program Ⓢ			
WETK	-	-	PBS NewsHour (N) Ⓢ	The This Old House Hour (N) Ⓢ	Antiques Roadshow J.J. Audubon portraits. (N) Ⓢ	No Passport Required The Armenian community in LA.	Independent Lens "Accept the Call" Former refugee Yusuf Aburahman. (N) Ⓢ	Amanpour and Company (N) Ⓢ							
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) Ⓢ	Antiques Roadshow J.J. Audubon portraits. (N) Ⓢ	Antiques Roadshow Ty Cobb baseball bat; belt buckles. Ⓢ	No Passport Required The Armenian community in LA.	BBC World News Ⓢ	Amanpour and Company (N) Ⓢ					
A&E	615	520	Live PD: Police Patrol Ⓢ	Live PD: Police Patrol Ⓢ	Live PD: Police Patrol Ⓢ	Live PD: Police Patrol Ⓢ	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live Rescue "Live Rescue -- 01.20.20" (N) Ⓢ	Live PD: Rewind "Live PD: Rewind No. 185" Ⓢ	Live PD: Police Patrol Ⓢ				
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell "Snow-bound" Ⓢ (DVS)	MythBusters Dynamite-firing crossbow. Ⓢ	Gold Rush: White Water "No Guts, No Glory Holes" Ⓢ	Gold Rush: White Water "No Guts, No Glory Holes" Ⓢ	Highway Thru Hell "The Warrior" (N) Ⓢ	Homestead Rescue The Raney's must fix a foundation.	Gold Rush: White Water						
DRAMA	620	523	CSI: Crime Scene Investigation Ⓢ (DVS)	CSI: Crime Scene Investigation "The List" Ⓢ	CSI: Crime Scene Investigation "Hitting for the Cycle" Ⓢ	Veronica Mars "Keep Calm and Party On" (N) Ⓢ	CSI: Crime Scene Investigation Ⓢ (DVS)	CSI: Crime Scene Investigation "All That Remains" Ⓢ	CSI: Crime Scene						
HIST	522	506	Forged in Fire "Nepalese Kukri" The Nepalese Kukri. Ⓢ	The Curse of Oak Island: Digging Deeper "Triptych" Ⓢ	The Curse of Oak Island The swamp may be man-made.	The Wild Ones The team is forced to make adjustments.	American Pickers Danielle's 10th anniversary. (N) Ⓢ	Forged in Fire "Nepalese Kukri" The Nepalese Kukri. Ⓢ	Ancient Aliens Ⓢ						
PARMT	628	584	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ						
TDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Les réseaux de l'extrême droite.	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS A Marine skilled in bomb detection dies. Ⓢ	NCIS "Squall" A murder on a U.S. Navy ship. Ⓢ	All American Coop is shook when faced with Tyrone. (N)	Marvel's Runaways "Merry Meet Again" (N) Ⓢ	(:05) * "Catwoman" (2004) Halle Berry, Benjamin Bratt. A shy artist acquires feline strength and agility. Ⓢ (DVS)	(12:05) NCIS "Squall" Ⓢ							
SLICE	601	562	The Real Housewives of Atlanta Ⓢ	Below Deck Alexis Bellino and her beau come aboard.	Blind Date Ⓢ (DVS)	Blind Date Ⓢ (DVS)	Below Deck Rhylee continues to feel ostracized. (N) Ⓢ	Spy Games The spies infiltrate a black-tie gala. (N) Ⓢ	Blind Date Ⓢ (DVS)	Blind Date Ⓢ (DVS)	Below Deck Ⓢ				
TLC	521	560	Dr. Pimple Popper Traci has bumps on her face. Ⓢ	Dr. Pimple Popper David visits Dr. Lee again. Ⓢ	90 Day Fiance: Watch Party "I Don't Have a Choice" Mike has tough questions for Natalie. (N) Ⓢ	90 Day Fiance Ⓢ	90 Day Fiance Ⓢ								
TSN	400	400	SportsCentre (N) (Live) Ⓢ	2020 Australian Open Tennis First Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis First Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis First Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis First Round. From Melbourne, Australia. (N) (Live) Ⓢ								
YOUTH	551	542	Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	** "Anastasia" (1997) Voices of Meg Ryan. Ⓢ	Max & Shred	Star Falls Ⓢ	iCarly Ⓢ			

TUESDAY EVENING													JANUARY 21, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	NCIS "Sound Off" A body is found at a drone testing site.	FBI "Payback" A retired FBI agent's son is kidnapped. (N)	FBI: Most Wanted "Hairtrigger" (N) Ⓢ	Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓢ					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓢ	Wheel of Fortune (N) Ⓢ	Ellen's Game of Games (N) Ⓢ	This Is Us "A Hell of a Week: Part One" (N) Ⓢ	(:01) New Amsterdam "Hiding Behind My Smile" (N) Ⓢ	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) Ⓢ				
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) Ⓢ	Family Feud Canada (N)	Kim's Convenience (N) Ⓢ	22 Minutes (N) Ⓢ	Schitt's Creek "Catastrophe" "Episode 3" Ⓢ	The National (N) Ⓢ	Extraordinary Canadians Ⓢ	Coronation Street Ⓢ			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) L'Académie (N)	Les beaux malaises	L'heure bleue L'idée de business de Raphaël et Véro. (N)	Épidémie "Suspicion" Une mystérieuse maladie. (N)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)				
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓢ	Jeopardy! (N) Ⓢ	The Conners	Bless This Mess (N) Ⓢ	mixed-ish (N) Ⓢ (DVS)	black-ish (N) Ⓢ (DVS)	Emergence Jo makes a deal to keep Piper safe. (N) Ⓢ	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! Ⓢ		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	La facture (N) (SC)	Toute la vie Anais se sent bien seule. (N) (DVS)	5e rang Marie-Jeanne se rend à la ferme. (N) (DVS)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) Ⓢ	(:29) Global News at 6:30	Entertainment Tonight (N)	ET Canada	NCIS "Sound Off" A body is found at a drone testing site.	FBI "Payback" A retired FBI agent's son is kidnapped. (N)	(:01) New Amsterdam "Hiding Behind My Smile" (N) Ⓢ	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert Ⓢ				
CFCF 12	205	312	(5:59) CTV News Montreal (N) Ⓢ	etalk (N) Ⓢ	The Conners	The Resident "How Conrad Gets His Groove Back" (N)	This Is Us "A Hell of a Week: Part One" (N) Ⓢ	Emergence Jo makes a deal to keep Piper safe. (N) Ⓢ	News-Lisa	CTV News Montreal (N)	The Daily Show				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) Ⓢ	The Conners	Bless This Mess (N) Ⓢ	mixed-ish (N) Ⓢ (DVS)	black-ish (N) Ⓢ (DVS)	Emergence Jo makes a deal to keep Piper safe. (N) Ⓢ	Local 22 News (N)	(:35) Jimmy Kimmel Live! Ⓢ		
WUTV 30	-	-	The Big Bang Theory Ⓢ	Judge Judy Ⓢ	Judge Judy Ⓢ	Family Feud (N) Ⓢ	The Resident "How Conrad Gets His Groove Back" (N)	Gordon Ramsay's 24 Hours to Hell and Back (N) Ⓢ	2 on Your Side Seinfeld "The Barber" Ⓢ	Two and a Half Men	Two and a Half Men	Last Man Standing Ⓢ			
CFKS 31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Total knock out La mascotte des Eagles de Philadelphie.	La semaine des 4 Julie (N) (SC)	NCIS: Los Angeles Le jour du mariage de Kensi et Deek.	Souper parfait	NVL (N) (SC)	Moment V (SC)			
WUHF	-	363	Modern Family Ⓢ	Modern Family Ⓢ	The Big Bang Theory Ⓢ	The Big Bang Theory Ⓢ	The Resident "How Conrad Gets His Groove Back" (N)	Gordon Ramsay's 24 Hours to Hell and Back (N) Ⓢ	13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ	DailyMailTV (N) Ⓢ	The Simpsons Ⓢ	Paid Program Ⓢ			
WETK	-	-	PBS NewsHour (N) Ⓢ	Governor Scott's 2020 Budget Address (N)	Finding Your Roots With Henry Louis Gates, Jr. (N)	Secrets of the Dead "Bombing Auschwitz" (N) Ⓢ	Frontline (N) Ⓢ	Frontline (N) Ⓢ	Amanpour and Company (N) Ⓢ	BBC World News Ⓢ					
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N) Ⓢ	Finding Your Roots With Henry Louis Gates, Jr. (N)	Secrets of the Dead "Bombing Auschwitz" (N) Ⓢ	Frontline (N) Ⓢ	BBC World News Ⓢ	Amanpour and Company (N) Ⓢ					
A&E	615	520	The First 48 A high school graduate is gunned down. Ⓢ	The First 48 A stolen bicycle leads to a shooting. Ⓢ	The First 48 Stabbings in New Orleans and Atlanta. Ⓢ	The First 48: Shocking Interrogations "Family First" (N)	(:02) The First 48: Shocking Interrogations "Lost Boys" Ⓢ	(:06) The First 48 Robbers gun down an Atlanta father. Ⓢ	(12:03) The First 48 Ⓢ						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) Ⓢ	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell "Junior's Job" Ⓢ (DVS)	MythBusters A myth about a backseat getaway driver. Ⓢ	Gold Rush "Epic Fails" Epic fails and major screw ups.	Gold Rush (N) Ⓢ	Heavy Rescue: 401 The OPP flies to keep the roads safe.	Gold Rush "Epic Fails" Epic fails and major screw ups.	Homestead Rescue						
DRAMA	620	523	CSI: Crime Scene Investigation "In a Dark, Dark House" Ⓢ	CSI: Crime Scene Investigation "73 Seconds" Ⓢ	CSI: Crime Scene Investigation "Tell Tale Hearts" Ⓢ	CSI: Crime Scene Investigation "Bittersweet" Ⓢ	CSI: Crime Scene Investigation "Unleashed" Ⓢ	CSI: Crime Scene Investigation "Father of the Bride" Ⓢ	CSI: Crime Scene						
HIST	522	506	Forged in Fire The smiths create war hammers. Ⓢ	The Wild Ones The team is forced to make adjustments.	American Pickers Danielle's 10th anniversary. Ⓢ	Forged in Fire Smiths recreate a Scottish Backsword.	Project Blue Book "The Roswell Incident -- Part 1" Ⓢ	Forged in Fire The smiths create war hammers. Ⓢ	Ancient Aliens Ⓢ						
PARMT	628	584	Tattoo Nightmares Ⓢ	Tattoo Nightmares Ⓢ	** "Shooter" (2007, Suspense) plots revenge against those who betrayed him. Ⓢ	Mark Wahlberg, Michael Peña, Danny Glover. A wounded sniper	Ink Master The artists endure a tattoo marathon. (N)	** "Shooter" (2007, Suspense) Mark Wahlberg, Michael Peña, Danny Glover. Ⓢ							
TDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Des jeunes ultra-riches. (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS "Revenge" The team searches for Bodnar. Ⓢ	NCIS An officer thinks he is being followed. Ⓢ	** "Constantine" (2005) Keanu Reeves, Rachel Weisz. A man who sees demons helps a policewoman probe her sister's death. Ⓢ (DVS)	Evil Ⓢ	NCIS Searching for Eli and Jackie's killer. Ⓢ (DVS)								
SLICE	601	562	Below Deck Alexis Bellino and her beau come aboard.	Below Deck Rhylee continues to feel ostracized. Ⓢ	Blind Date Ⓢ (DVS)	Blind Date Ⓢ (DVS)	Vanderpump Rules Sandoval sends Stassi an angry text.	The Real Housewives of New Jersey "Mama Drama" Ⓢ	Blind Date Ⓢ (DVS)	Blind Date Ⓢ (DVS)	Vanderpump Rules Ⓢ				
TLC	521	560	My Big Fat Fabulous Life "Whit's New Man" Whitney hunts for a permanent home. Ⓢ	My Big Fat Fabulous Life "Big Fat Moves" Whitney packs up and moves to Charlotte. (N) Ⓢ	My Big Fat Fabulous Life "Big Fat Moves" Whitney packs up and moves to Charlotte. (N) Ⓢ	(:02) Hot & Heavy "Heavily Ever After?" Ⓢ	(:02) I Am Jazz Jazz starts making plans to move out.	My Big Fat Fabulous Life							
TSN	400	400	SportsCentre (N) (Live) Ⓢ	2020 Australian Open Tennis Second Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis Second Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis Second Round. From Melbourne, Australia. (N) (Live) Ⓢ	2020 Australian Open Tennis Second Round. From Melbourne, Australia. (N) (Live) Ⓢ								
YOUTH	551	542	Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	** "Puss in Boots" (2011) Voices of Antonio Banderas. Ⓢ	Max & Shred	Star Falls Ⓢ	iCarly Ⓢ			

# Your week on TV

WEDNESDAY EVENING													JANUARY 22, 2020		
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)	Undercover Boss The owner and CEO of Dippin' Dots. (N)	Criminal Minds The team members enjoy a day off. (N)	S.W.A.T. Street tries to help his foster brother. (N) (CC)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (CC)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (CC)	Wheel of Fortune (N) (CC)	Chicago Med The team deals with a school bus crash. (N)	Chicago Fire Dealing with a series of false alarms. (N) (CC)	Chicago P.D. Voight helps bring down dirty cops. (N) (CC)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)			
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (CC)	Family Feud Canada (N)	Burden of Truth "No Fathers and Sons" (N) (DVS)	Fortunate Son Travis helps a newly arrived deserter. (N)	The National (N) (CC)	CBC Montreal News (N)	CBC Music: The Mix (N) (CC)	Coronation Street (N) (CC)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) LOL :- (SC)	Autiste, bientôt majeur (N)	Animania (N) (SC)	Léo Léo a des principes. (N)	Léo "À découvert" (N)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	The Goldbergs (N) (CC)	Schooled "FeMellor" (N) (CC)	Modern Family (N) (CC)	(:31) Single Parents (N)	Stumptown A strip club mysteriously loses money. (N) (CC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (CC)	
CKSH	9	108	-	(5:59) Le télé-journal Estrie (N)	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (SC)	Cerebrum Simone et Danno poursuivent l'enquête. (N)	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI	11	-	-	Global National (N) (CC)	(:29) Global News at 6:30	FBI: Most Wanted (N) (CC)	Undercover Boss The owner and CEO of Dippin' Dots. (N)	Modern Family (N) (CC)	(:31) Single Parents (N)	S.W.A.T. Street tries to help his foster brother. (N) (CC)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (CC)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (CC)	etalk (N) (CC)	The Goldbergs (N) (CC)	Flirty Dancing (N) (CC)	Criminal Minds The team members enjoy a day off. (N)	Stumptown A strip club mysteriously loses money. (N) (CC)	Stumptown A strip club mysteriously loses money. (N) (CC)	News-Lisa	CTV News Montreal (N)	The Daily Show		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (CC)	The Goldbergs (N) (CC)	Schooled "FeMellor" (N) (CC)	Modern Family (N) (CC)	(:31) Single Parents (N)	Stumptown A strip club mysteriously loses money. (N) (CC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (CC)	
WUTV	30	-	-	The Big Bang Theory (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	Family Feud (N) (CC)	9-1-1: Lone Star "Pilot; Yee-Haw" Firefighter Owen Strand moves to Texas. (N) (DVS)	9-1-1: Lone Star "Pilot; Yee-Haw" Firefighter Owen Strand moves to Texas. (N) (DVS)	2 on Your Side Seinfeld (N) (CC)	Two and a Half Men (N) (CC)	Two and a Half Men (N) (CC)	Last Man Standing (N) (CC)		
CFKS	31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Phil s'invite (N) (SC)	Phil s'invite (N) (SC)	La semaine des 4 Julie (N) (SC)	Seal team: coeur et courage Une mission de routine. (N)	Souper parfait	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	-	Modern Family (N) (CC)	Modern Family (N) (CC)	The Big Bang Theory (N) (CC)	The Big Bang Theory (N) (CC)	9-1-1: Lone Star "Pilot; Yee-Haw" Firefighter Owen Strand moves to Texas. (N) (DVS)	9-1-1: Lone Star "Pilot; Yee-Haw" Firefighter Owen Strand moves to Texas. (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (CC)	DailyMailTV (N) (CC)	The Simpsons (N) (CC)	Paid Program (N) (CC)		
WETK	-	-	-	PBS NewsHour (N) (CC)	Feast in the Making	Rural Free Delivery	Nature How the Vikings lived in the Americas. (N)	NOVA NASA's Cassini probe explores Saturn. (CC)	NOVA NASA's Cassini probe explores Saturn. (CC)	Expedition With Steve Backshall Kayaking in Greenland. (N)	Amanpour and Company (N) (CC)	BBC World News (N) (CC)			
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (CC)	Nature How the Vikings lived in the Americas. (N)	NOVA NASA's Cassini probe explores Saturn. (CC)	NOVA NASA's Cassini probe explores Saturn. (CC)	Expedition With Steve Backshall Kayaking in Greenland. (N)	BBC World News (N) (CC)	Amanpour and Company (N) (CC)			
A&E	615	520	-	Live PD Presentations	Live PD Presentations	Live PD Presentations	Live PD Presentations	America's Top Dog Fur missile; veteran K-9. (N) (CC)	America's Top Dog Fur missile; veteran K-9. (N) (CC)	(:01) Live PD: Police Patrol	(:32) Live PD: Police Patrol	Live PD Presentations	Live PD Presentations		
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (CC)	Cuomo Prime Time (N) (CC)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360			
DISC	520	505	-	Highway Thru Hell Jamie takes The Python off road.	MythBusters Testing ways to beat police road spikes. (N)	To Be Announced	To Be Announced	Moonshiners Two shiners get busted. (N) (CC)	Moonshiners Two shiners get busted. (N) (CC)	Moonshiners Tickle's carpentry skills shine. (N) (CC)	To Be Announced	To Be Announced			
DRAMA	620	523	-	Criminal Minds Families of two students are murdered.	Criminal Minds Three children vanish on a bike path.	Criminal Minds "Mirror Image" (N) (CC) (DVS)	Criminal Minds "Mirror Image" (N) (CC) (DVS)	Criminal Minds Dead bodies are found along a creek bed.	Criminal Minds Dead bodies are found along a creek bed.	Criminal Minds A child abduction case rattles J.J. (N)	Criminal Minds Three women mysteriously disappear. (N)	Criminal Minds (N) (CC)			
HIST	522	506	-	Forged in Fire "The Shotel" The Ethiopian Shotel. (N)	Project Blue Book "The Roswell Incident -- Part 1"	Forged in Fire Smiths recreate a Scottish Backsword.	Forged in Fire Smiths recreate a Scottish Backsword.	Vikings Bjorn faces a difficult decision. (N) (CC) (DVS)	Vikings Bjorn faces a difficult decision. (N) (CC) (DVS)	Project Blue Book "The Roswell Incident -- Part 1"	Project Blue Book "The Roswell Incident -- Part 1"	Ancient Aliens (N) (CC)			
PARMT	628	584	-	Adam Carolla and Friends Build Stuff Live (N) (CC)	Adam Carolla and Friends Build Stuff Live (N) (CC)	Adam Carolla and Friends Build Stuff Live (N) (CC)	Adam Carolla and Friends Build Stuff Live (N) (CC)	68 Whiskey Roback starts a get-rich-quick scheme. (CC)	68 Whiskey Roback starts a get-rich-quick scheme. (CC)	68 Whiskey Making their way back to base. (N) (CC)	Adam Carolla and Friends Build Stuff Live (N) (CC)	Adam Carolla and Friends Build Stuff Live (N) (CC)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages Les causes de l'incendie. (N)	Le téléjournal avec Céline Galipeau (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)		
SHOW	616	521	-	NCIS Tony is determined to find Ziva. (N) (CC) (DVS)	NCIS A Navy lieutenant goes missing. (N) (CC) (DVS)	Legacies Alaric enlists Landon's help. (N) (CC)	Legacies Alaric enlists Landon's help. (N) (CC)	Batwoman Mary focuses on Jacob Kane's trial. (N) (CC)	Batwoman Mary focuses on Jacob Kane's trial. (N) (CC)	The Magicians "The Wrath of the Time Bees" (N) (CC)	NCIS A Navy lieutenant goes missing. (N) (CC) (DVS)	NCIS (N) (CC) (DVS)			
SLICE	601	562	-	Vanderpump Rules "Training days" (N) (CC)	Vanderpump Rules Sandoval sends Stassi an angry text.	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	The Real Housewives of New Jersey (N) (CC)	The Real Housewives of New Jersey (N) (CC)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Housewives/NJ (N) (CC)	
TLC	521	560	-	My 600-Lb. Life "Bethany's Story" Addict counselor can no longer work. (N)	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (N) (N)	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (N) (N)	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (N) (N)	1000-lb Sisters The sisters have a one-month check in.	1000-lb Sisters The sisters have a one-month check in.	My Feet Are Killing Me "Mo Toes, Mo Problems" (N)	My Feet Are Killing Me "Mo Toes, Mo Problems" (N)	My 600-Lb. Life (N) (CC)			
TSN	400	400	-	SportsCentre (N) (Live) (CC)	NBA Basketball Philadelphia 76ers at Toronto Raptors. From Scotiabank Arena in Toronto. (N) (Live) (CC)	NBA Basketball Denver Nuggets at Houston Rockets. From the Toyota Center in Houston. (N) (Live) (CC)	NBA Basketball Denver Nuggets at Houston Rockets. From the Toyota Center in Houston. (N) (Live) (CC)	*** "Over the Hedge" (2006) Voices of Bruce Willis. (N)	*** "Over the Hedge" (2006) Voices of Bruce Willis. (N)	Max & Shred	Star Falls (N) (CC)	iCarly (N) (CC)			
YOUTH	551	542	-	Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	*** "Over the Hedge" (2006) Voices of Bruce Willis. (N)	Max & Shred	Star Falls (N) (CC)	iCarly (N) (CC)		

THURSDAY EVENING													JANUARY 23, 2020		
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)	The Unicorn (N) (CC)	Young Sheldon (N)	Mom (N) (CC)	The Gayle King Grammy Special (N) (CC)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (CC)		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (CC)	Wheel of Fortune (N) (CC)	Superstore "Favoritism" (N) (CC)	The Good Place "Patty" (N) (CC)	Will & Grace (N) (CC)	Perfect Harmony (N) (CC)	Law & Order: Special Victims Unit (N) (CC) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)	
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (CC)	Family Feud Canada (N)	Back in Time for Winter "1960's" (N) (CC)	The Detectives The execution of a father of four. (N)	The National (N) (CC)	CBC Montreal News (N)	Canadian Reflections (N) (CC)	Coronation Street (N) (CC)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Les gags (N)	La poule aux oeufs d'or (N)	Le bon docteur Une section de l'hôpital en quarantaine.	J.E. (N) (SC)	TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) ** "Monde infernal: la guerre du sang" (2016) (SC)	(:35) Jimmy Kimmel Live! (N) (CC)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	Station 19 "I Know This Bar" A car crashes into Joe's Bar.	Grey's Anatomy The doctors work to save their own. (N)	(:01) A Million Little Things "The Kiss" (N) (CC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (CC)			
CKSH	9	108	-	(5:59) Le télé-journal Estrie (N)	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	1res fois Patrick Groulx et Élyse Marquis. (N) (SC)	Enquête (N) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI	11	-	-	Global National (N) (CC)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Carol's Second Act (N) (CC)	The Good Place "Patty" (N) (CC)	Will & Grace (N) (CC)	The Unicorn (N) (CC)	NCIS: New Orleans A Navy contractor is murdered. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (CC)	
CFCF	12	205	312	(5:59) CTV News Montreal (N) (CC)	etalk (N) (CC)	Young Sheldon (N) (CC)	Station 19 "I Know This Bar" A car crashes into Joe's Bar.	Grey's Anatomy The doctors work to save their own. (N)	Law & Order: Special Victims Unit (N) (CC) (DVS)	News-Lisa	CTV News Montreal (N)	The Daily Show			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (CC)	Station 19 "I Know This Bar" A car crashes into Joe's Bar.	Grey's Anatomy The doctors work to save their own. (N)	(:01) A Million Little Things "The Kiss" (N) (CC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (CC)			
WUTV	30	-	-	The Big Bang Theory (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	Family Feud (N) (CC)	Last Man Standing (N) (CC)	Outmatched "Pilot" (N) (CC)	Deputy Charlie must patrol with Joseph. (N) (CC)	2 on Your Side Seinfeld "The Masseuse" (N) (CC)	Two and a Half Men (N) (CC)	Two and a Half Men (N) (CC)	Last Man Standing (N) (CC)	
CFKS	31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	L'amour est dans le pré Le séjour à la ferme s'amorce.	La semaine des 4 Julie (N) (SC)	Chicago Police Voight subit des pressions. (N) (CC)	Souper parfait	NVL (N) (SC)	Moment V (SC)		
WUHF	-	363	-	Modern Family (N) (CC)	Modern Family (N) (CC)	The Big Bang Theory (N) (CC)	The Big Bang Theory (N) (CC)	Last Man Standing (N) (CC)	Outmatched "Pilot" (N) (CC)	Deputy Charlie must patrol with Joseph. (N) (CC)	13WHAM News at 10 on Fox Rochester (N) (Live) (CC)	DailyMailTV (N) (CC)	The Simpsons (N) (CC)	Paid Program (N) (CC)	
WETK	-	-	-	PBS NewsHour (N) (CC)	If Stone Could Speak	Made Here	(:40) Made Here	Rooted: Cultivating Community in the Vt. Grange	History of Bolton Valley	Made Here	Amanpour and Company (N) (CC)	BBC World News (N) (CC)			
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (CC)	New Tricks "Casualty" Sandra takes on a new recruit.	Death in Paradise The team is forced to reopen a case.	Resistance Lili joins another group. (Part 3 of 6)	BBC World News (N) (CC)	Amanpour and Company (N) (CC)				
A&E	615	520	-	The First 48: 15th Anniversary "Chain of Death" A woman and her friend are gunned down. (N) (CC)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (CC)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	(:05) The First 48 A woman is found strangled in her car.	(:05) The First 48 A woman is found strangled in her car.	(12:03) The First 48 (N) (CC)			
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (CC)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	(:05) The First 48 A woman is found strangled in her car.	(:05) The First 48 A woman is found strangled in her car.	(12:03) The First 48 (N) (CC)			
DISC	520	505	-	Highway Thru Hell A truck driver is trapped.	MythBusters The Mythbusters blow open a safe. (CC)	Twin Turbos Brad competes in a rally cross race. (N)	Bitchin' Rides "Stop and Go" (N) (CC)	Diesel Brothers "Get Pitted" Heavy D is in over his head.	Project Runway (N) (CC)	House A drug dealer collapses during a sale. (CC)	Twin Turbos (N) (CC)				
DRAMA	620	523	-	House The team treats a college football star. (N) (CC)	House "5 to 9" The inner workings of the hospital. (N)	House "Private Lives" Treating an avid blogger. (N)	House "Wilson" Cuddy searches for real estate. (N)	Project Runway (N) (CC)	House A drug dealer collapses during a sale. (CC)	Twin Turbos (N) (CC)					
HIST	522	506	-	Forged in Fire "Khopesh" (N) (CC) (DVS)	Vikings Bjorn faces a difficult decision. (N) (CC) (DVS)	Forged in Fire "The Tizona of El Cid" (N) (CC)	Rust Valley Restorers A 1942 Harley Davidson. (CC)	Rust Valley Restorers "The Reckoning" (N) (CC)	The Wild Ones The team is forced to make adjustments. (N)	Ancient Aliens (N) (CC)					
PARMT	628	584	-	Lip Sync Battle (N) (CC)	Lip Sync Battle (N) (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)	*** "Beverly Hills Cop" (1984, Comedy) Eddie Murphy, Judge Reinhold, John Ashton. A Detroit cop goes west to avenge his friend's death. (CC)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages (N) (Part 7 of 8) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS "Oil & Water" An explosion occurs on an oil rig.	NCIS Gibbs must attend to family matters. (CC) (DVS)	Prodigal Son (N) (CC) (DVS)	Legacies The witches celebrate Coven Day. (N) (CC)	FBI The team searches for a missing teacher. (N)	NCIS Gibbs must attend to family matters. (CC) (DVS)	NCIS "Alibi" (N) (CC) (DVS)					
SLICE	601	562	-	The Real Housewives of New Jersey "Mama Drama" (N) (CC)	The Real Housewives of New Jersey (N) (CC)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Married at First Sight The experts sit down with each spouse. (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Blind Date (N) (CC) (DVS)	Married at First Sight (N) (CC)	
TLC	521	560	-	Say Yes to the Dress Randy surprises Sammi Jo. (CC)	My Feet Are Killing Me "Mo Toes, Mo Problems" (N)	Dr. Pimple Popper Delano returns with his back lump. (N)	Dr. Pimple Popper Tony has large growths on his nose.	My Feet Are Killing Me "All 12 Toes" (N) (N)	1000-lb Sisters The sisters check in with Dr. Procter. (N)	Dr. Pimple Popper (N) (CC)					
TSN	400	400	-	SportsCentre (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)			
YOUTH	551	542	-	Henry Danger	Henry Danger	SpongeBob	SpongeBob	*** "A Bug's Life" (1998) Voices of Dave Foley. (N)	*** "A Bug's Life" (1998) Voices of Dave Foley. (N)	"Anne of Green Gables: The Good Stars" (2017) (N)	iCarly (N) (CC)				

# Michel Fournier: a master's touch

Record Staff

The year 2020 begins brightly at La Maison d'Opéra et de Concerts de Sherbrooke as Michel Fournier returns to Plymouth-Trinity Church.

One of the most renowned and appreciated Canadian pianists of his generation, soloist, concert performer, teacher and speaker, Fournier accompanies his performances with brilliant commentaries transmitting his passion for his art. He creates innovative and evocative interpretations of the works based on a deep and extensive understanding of each composer and each piece. Fournier knows how to bring out the best qualities of the music as well as the piano.

Fournier's concert will take place on Sunday, Jan. 26 at 3 p.m. On the programme: Schumann, Chopin, Mompou.

Fournier is best described as "a great storyteller and an epicurean of sound." His charisma touches his audience in all dimensions of his art and he is renowned for his great ability to communicate his passion.

He has performed as a soloist with several orchestras and has given numerous recitals in Europe, Asia and North America. His repertoire covers most eras and styles, with a particular affinity for French and Impressionist music. His Debussy Preludes received great praise ("[...] a perfect knowledge of the expressive resources of the piano, a feat that places him among the great masters of impressionist music," Adveratul, Cluj, Romania; The CD recording of Préludes was proclaimed Coup de Cœur from Radio-Canada's Rayon Musique show). In addition to his concert activities, Fournier has contributed to film soundtracks, radio musical chronicles and television advertising. He has compiled several CD recordings and collaborated internationally with the Quartango ensemble, which won the Opus Prize for best concert in 2005 at the Centre d'Arts Orford. A great communicator with a Ph.D. in music, always concerned about the honest transmission of knowledge and the discovery of classical music, he appears on many competition juries and is committed to teaching people across Canada through recitals and music workshops.

Tickets will be on sale at the door at Plymouth-Trinity Church, 380 Dufferin Avenue. General admission: \$35; 25 and under: \$15; 65 and over: \$30, 12 and under: free.

Tickets can also be purchased in advance on La Maison's website: [www.maisonoperaconcerts.com](http://www.maisonoperaconcerts.com).

## MUSIC

January 18

**Country Dance on Saturday, January 18 from 7 p.m. to 11 p.m. at the Trinity Anglican Church, 409 South Street, Cowansville. Music by Keepin' it Country. Donation \$8. Door prizes! Canteen on premises. Proceeds to benefit the food bank.**

January 18

**Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by the Country Swingers. Info: Gail 819-876-2021. Everyone welcome.**

January 25

**Chase Away the Winter Blues concert at Lennoxville United Church, 6 Church Street, on Saturday, January 25 at 7:30 p.m. Adults: \$8, children 7-12 \$3, under 6 years of age no charge. Refreshments following the concert. Come out for an enjoyable evening of music, song, dance and laughter.**

February 8

**\*Rescheduled from November 2, 2019 Galt Europe Trip Fundraising Dance for local students, at the Bury Armoury Community Center. Music by Mike Patrick and Kylie Côté from 9 p.m.-1 a.m. \$8/ticket. Silent Auction. B.Y.O.B. For more information: 819-872-1058, 819-872-3426, or 819-640-6580.**

February 8

**10th annual (and final) Bravehearts End Game benefit dance for Relay for Life on Saturday, February 8, 9 p.m., at the A.N.A.F. "Hut," 300 St. Francis, Lennoxville. Music by Slightly Haggard. Admission \$10. Door prizes. Info: 819-837-2363 or janet@macelreavy.com**

## EVENTS

January 19

**St. James Anglican Church - Foster. We invite you to a service of Holy Communion, Rev. Tim Smart officiating. The service begins at 9 a.m. on January 19, at the little church on the hill, 725 Lakeside in Foster. Join us for refreshments and conversation afterwards. Everyone is welcome.**

January 19

**Royal Canadian Legion, Branch #77, will hold a Breakfast on Sunday, January 19 from 8:30 a.m. to 12:30 p.m., at 77 Lewis St., Waterloo. Adults \$10, children 5-10 years \$4.**

January 19

**Craft workshops at Marché des Artisanats Dunham. Zentangle January 19 Zentangle is meditative and therapeutic art. Required: Micron pens: 0.25**

# What's On

mm. Table Runner January 26. Dress up your table with a colourful, reversible seasonal runner. Macramé Plant Hanger February 2. Learn 4 basic knots and create a plant hanger. Iris Folding: Valentines February 9. Create unique 3-dimensional greeting cards. Zentangle February 16. Boho Messenger Bag Feb 23. A simple sewing project, perfect for beginners. Material is supplied. Time: 1 to 3:30 p.m. 3786 Main St, Dunham. All materials included unless otherwise specified. Ages: 12 and up.. Men are welcome to participate. Cost \$12. Also, **Learn to Crochet** soft shoes or a slouchy hat, every Sunday 10 a.m.-12 noon, \$20 for 4 weeks. To register, or for more information Facebook @marchedesartisanatsdunham. 450-295-2252. [tikibidunham@gmail.com](mailto:tikibidunham@gmail.com) or [michilynnd@gmail.com](mailto:michilynnd@gmail.com)

January 25

**Cribbage tournament to be held at the A.N.A.F. Unit #318, "The Hut", 300 St. Francis Street, Lennoxville on Saturday, January 25, to benefit the Relay for Life team "The Bravehearts." Registration is at 1 p.m. Everyone is welcome. Come and support this worthwhile cause. Bring your own partner. Contact Colleen at 819-835-9922 for further information.**

January 28

Do you wish to know more about navigating our health care system when you have a health issue? **The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be hosting its first 2020 Afternoon Tea and Talk on Tuesday, January 28 at 2 p.m. at the North Hatley Community Centre (3127 Capelton Road). On this special occasion the committee will be welcoming two special guest speakers from the CIUSSS de l'Estrie - CHUS: Mr. Jonathan Keays (Coordinator of General Health Services) and Ms. Isabelle Parent (Social Worker, General Direction of Psychosocial Services). Everyone is welcome to join us and learn more about this very important topic. Coffee, tea and afternoon treats will be served, and admission is free. Transport is available for area residents who require it (819-842-2754).**

January 30

**January is Alzheimer Awareness Month. The Massawippi Valley Health Centre (CSVM) will hold a workshop in English on January 30 from 1:30 p.m. to 3:30 p.m. at 1082 Main Street, Ayer's Cliff (entrance from behind). This workshop discusses the services offered by the Alzheimer Society Estrie. This will be followed by an introduction to the disease, the impacts and the myths surrounding the disease; and how to facilitate communication with an affected person. Price: \$10 for CSVM members, \$20 for non-members. Limited places.**

Registration by January 27, email information@csvm.ca or by phone 819-838-1082.

## EXHIBITS

January 26

All are welcome to the exhibit of **Paintings by Libbey Griffith and Denis Palmer**, in the Galerie d'Art Cookshire Eaton. Opening vernissage is Sunday, January 26 from 1 o'clock to 3 p.m. Easy place to find on highway 108, which brings you to 25 rue Principale at the corner of Craig in downtown Cookshire. For more information please call Denis at 819-889-2549. Exhibit continues Sundays 10:00 a.m. to 4 p.m. or by appointment.



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# Local Sports

To consistently give my best I need an edge. I have up and down cycles but when I am getting ready for a big project I up my fitness.

## Singer/songwriter Blake Havard credits running for his improved voice



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Blake Havard always had an interest in running, for the many health benefits that helps his music career. The Kitsilano, BC resident runs three to five times a week, successfully combining both his passions. The country/rock recording artist, who is still getting good airplay from his 2019 release, *No Justice*, offers in a Q&A his testimonial on running improving his overall fitness, his quality of life, and even a better ability to hit the notes.

**Q:** When did your interest for running begin?

**A:** I used to run cross country back in my school days and I learned how to off ice train from playing hockey. I have had stops and starts over the years with all the ups and downs of my career and life. Someone said to always have another kick at the can as an artist. Running has always been my friend during these multi-last kicks at the can over the years. Ha, ha!

**Q:** How important is working out to be at your top of your game in the music industry?

**A:** To consistently give my best I need an edge. I have up and down cycles but when I am getting ready for a big project I up my fitness. Doing something that is beneficial for my own well being helps keep me in a positive mindset. In most cases it helps create a better vibe around all the people I am working with.

**Q:** Do you find after running your voice is stronger?

**A:** Running improves my overall stamina and energy level. It also burns off anxiety and puts me in a more positive frame of mind. Playing a show and singing all night takes a considerable amount of energy. Being in shape physically and mentally really helps.

**Q:** How often do you run?

**A:** Depending on how my body feels and how busy I get I like to get out to my nearby beach and run three to five times a week.

**Q:** What do you like most about running?

**A:** Running helps slow things down in my head and turns off all the external noise life generates...It helps keep me centered and it burns off a lot of negative energy and anxiety. I can feel the benefits almost right away, I can run song ideas through my head and get a positive mind set for whatever challenges I have. I feel more like my true self after a run.

**Q:** Do you follow a healthy eating plan?

**A:** Nutrition is majorly important...I still have a lot to improve with it.

I try to eat healthy and have a fortified fruit and vegetable smoothie every



CHRISTINE BLANCHETTE

Blake Havard on the guitar and on the run

day.

I have a ways to go but I will keep working on it. Eating better helps with my mental clarity as well as all the positive physical benefits (healthy foods provide).

**Q:** What advice do you have for novice runners to keep them on track?

**A:** When you are getting started, have patience and be easy on yourself.

The biggest step is putting on your running shoes and getting out the door.

Make sure you warm up and stretch a bit.

Over a little time you will feel the benefits of being kind to yourself.

As a result you will impact the people in your life in a positive way.

**Q:** What other sports or activities do you enjoy?

**A:** I still enjoy a pick up game of soccer, golf or tennis.

## Canada's Denis Shapovalov draws Hungary's Marton Fucsovics at Australian Open

The Canadian Press

Top Canadian Denis Shapovalov will begin play at the Australian Open against an unfamiliar opponent.

The No. 13 seed from Richmond Hill, Ont., will square off with world No. 66 Marton Fucsovics of Hungary in the opening round of the first Grand Slam of the season.

It will be the first career meeting between the two players.

The draw was held Thursday.

Shapovalov, 20 opened the 2020 season with wins against top-10 players Alexander Zverev and Stefanos Tsitsipas

at the ATP Cup before losing in a third-set tiebreak against No. 2 Novak Djokovic at the team event.

The Canadian was eliminated in the quarterfinals of the ASB Classic on Thursday following a loss against Ugo Humbert in Auckland.

Shapovalov is in the same section of the Australian Open draw as Roger Federer and could face the Swiss legend in the fourth round.

Three other Canadians have secured spots in the men's main draw — No. 20 seed Felix Auger-Aliassime of Montreal, No. 32 Milos Raonic of Thornhill, Ont., and Vancouver's Vasek Pospisil.

The 19-year-old Auger-Aliassime,

who has advanced to the semifinals at the Adelaide International tuneup event, will face a qualifier in his Australian Open debut.

Raonic, who has seen limited action since last summer because of a back injury, faces world No. 48 Radu Albot of Moldova in the opening round. The two players never have squared off.

Last year, Raonic, 29, reached the Australian Open quarterfinals.

Pospisil, 29, is using his protected ranking of No. 73 to get into the tournament after missing the first half of last year following back surgery. He faces world No. 123 Ivo Karlovic of Croatia.

Pospisil has a 4-1 career record

against Karlovic.

Brayden Schnur of Pickering, Ont., and Steven Diez of Toronto both are still alive in men's qualifying.

No Canadians received direct entry into the women's main draw after reigning U.S. Open champion Bianca Andreescu of Mississauga, Ont., dropped out with a knee injury.

Eugenie Bouchard of Westmount, Que., has reached the third and final round of qualifying, while Leylah Annie Fernandez of Laval, Que., has advanced to the second round.

The main draw starts Monday.

## Death


**John  
(Johnny)  
Martin  
Bruun**

Passed away in Calgary December 21, 2019 in his 62nd year.

He was the son of the late Jack Bruun and Gladys Naylor. He leaves to mourn his spouse Mary Sandri, his daughter Jennifer Preston (Royce), his grandchildren Nova Lee, Maycee and Johlix; his brother Stephen (Josee Boisvert), the mother of his daughter Jamie Zwack; his stepson Scott Garcia (Samantha) and his children Zackary, Dominic and Hallie, as well as his uncles Bill Bruun (Raymonde Bourassa) Eugene Naylor (Jean Sutor), his cousins and his many friends in Waterville and Calgary. Predeceased by his aunts Nora Beaudoin (Leo) and Mary St. Laurent (Marc).

A celebration of his life and burial took place in Calgary January 4th, 2020.

The family wishes to thank the medical staff at the Foothills Medical Center in Calgary for their excellent care of John following his motorcycle accident September 7th, 2019.

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## Death


**Stanley Carl Harris**  
December 26, 1925–January 7, 2020

It is with great sadness that we announce the passing of Stanley Carl Harris on January 7, 2020, at the age of 94, the loving husband of Elizabeth Jean Patton and son of the late Cyril Earle Harris and the late Mary Victoria Batchelor.

He also leaves to mourn his children Allyn (Peter) and Eric (Robyn). He is predeceased by his brothers Walter (late Louise), Irwin, Charles (late Doris) and Donald (late Eleanor). He will also be missed by many nephews, nieces, other relatives and many dear friends.

The family wishes to thank Stanley's caregivers for the exceptional attention he received, as well as the compassionate doctors and nursing staff at CLSC Stanstead and the Magog Hospital.

A memorial service will be held Saturday, January 25, 2020, at 2 p.m. in the chapel of Manoir Stanstead, 496 rue Dufferin, Stanstead, QC J0B 3E0.

In lieu of flowers, please make donations to the Société Alzheimer de L'Estrie, 740 rue Galt O Suite 112, Sherbrooke, QC J1H 1Z3; Memphrémagog Hospital Foundation, 50 rue Saint-Patrice E, Magog, QC J1X 3X3; or the charity of your choice.

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## Datebook

FRIDAY, JANUARY 17, 2020

Today is the 17th day of 2020 and the 28th day of winter.

**TODAY'S HISTORY:** In 1773, Captain James Cook and his crew became the first to sail south of the Antarctic Circle.

In 1917, the United States purchased the Virgin Islands from Denmark for \$25 million.

In 1946, the United Nations Security Council held its first session.

In 1991, a United States-led coalition's planes struck targets in Kuwait and Iraq, launching the Persian Gulf War.

**TODAY'S BIRTHDAYS:** Benjamin Franklin (1706-1790), statesman/inventor/author; Al Capone (1899-1947), organized crime boss; Betty White (1922- ), actress; Eartha Kitt (1927-2008), actress/singer; James Earl Jones (1931- ), actor; Muhammad Ali (1942-2016), boxer; Andy Kaufman (1949-1984), actor/comedian; Steve Harvey (1957- ), comedian/actor; Jim Carrey (1962- ), actor; Sebastian Junger (1962- ), journalist/author; Michelle Obama (1964- ), U.S. first lady; Kid Rock (1971- ), singer-songwriter; Zoey Deschanel (1980- ), actress; Dwyane Wade (1982- ), basketball player; Calvin Harris (1984- ), singer-songwriter/producer.

**TODAY'S FACT:** The term "military-industrial complex" was first used by President Dwight Eisenhower during his farewell address to the nation on this day in 1961.

**TODAY'S SPORTS:** In 1971, the Baltimore Colts defeated the Dallas Cowboys 16-13 in Super Bowl V, a game so filled with errors it was nicknamed the "Blunder Bowl."

**TODAY'S QUOTE:** "Humans don't mind hardship, in fact they thrive on it; what they mind is not feeling necessary. Modern society has perfected the art of making people not feel necessary." – Sebastian Junger, "Tribe: On Homecoming and Belonging"

**TODAY'S NUMBER:** 26 – age at which gangster Al Capone became boss of the "Chicago Outfit."

**TODAY'S MOON:** Last quarter moon (Jan. 17).

## A Special Reception &amp; Trampers



The Sherbrooke Snow Shoe Club's inauguration of the New Year of 2020 was celebrated on the second of January when members and their companions, along with various guests, gathered at the clubhouse in the city's north end. It was a mild evening when guests arrived, the sky dominated by scattered clouds and the temperature hovering just below the freezing mark.

Inside the old clubhouse, the conditions were warm and inviting. The building was decorated with the usual accouterments of the Christmas season, with lights, tinsel and red ribbons, the latter in keeping with official club colours. Even the punch had a reddish tinge, owing to the special cocktail mix offered to members and guests alike.

The dining hall also sported colourful decorations, especially the tables with their gold trimmings standing out distinctly from the white tablecloths. The table adorned tiny lights, tinsel and ribbons were topped off with inviting chocolate wafer sticks, all altogether adding a touch of elegance to the evening event.

With the usual opening formalities completed, the club's White Knights passed out bowls of cauliflower and coconut milk chowder to the seated attendees. Entrees of roast beef, baked po-

tatoes and carrots followed, before dessert offerings of 'strawberry cloud in a cup' were delivered.

As the meal wound down, President Harry Brown thanked various individuals, including the Knights, Chef Carole and the kitchen staff, as well as a number of others who contributed to the proceedings. Harry also convened the drawings for the evening's door prizes. The lucky winners were veteran club member Alf Whittier and American guest John Cocan. A special drawing for the head table floral arrangement went to guest Lidie Brissonnet, the second time in as many years.

Led by Don Parsons in the absence of the club's current chorister, the traditional sing-along followed a few jokes by Dave Moore. For reasons not clearly determined, both the singing and the piano playing were a little less than the usual high standard associated with most gatherings – all in good fun nevertheless!

After a short break, the crowd re-assembled in the main hall where President Harry introduced Sebastien Obermeier, the guest entertainer for the evening. Sebastien proceeded to present a musical trip down memory lane. Using the club's piano, he reflected on the evolution of such notable trends as ragtime and stride variations. By discussing and providing examples of well-known tunes, Sebastien was able to highlight the works of such timeless performers as Scott Joplin and Fats Waller to the delight of the crowd.

Club secretary Steve Moore thanked

Sebastien for his presentation and presented him with a token of appreciation on behalf of the membership.

On a somewhat blustery evening characterized by occasional snow squalls, the club members met for their first regular meeting of the New Year. The date was Wednesday, January 8, with a guest speaker invited to address club members.

Once again, Harry Brown assumed the task of opening the meeting at the appointed hour. Club Sergeant-at-Arms Brian Heath identified the emergency exits and building committee member Hugh Bowen announced that all the said exits had been cleared given the blowing snow conditions.

Following the national anthem and grace delivered by the president, the White Knights passed out bowls of beef soup. The subsequent entrée consisted of lasagna and Greek salad, topped off with servings of bread pudding for dessert.

During the course of the meal an occasional visitor by the name of Corn Cob Joe sauntered in for an unexpected appearance. Joe, aka honey-man Beattie, offered up some pearls of wisdom in his usual unorthodox country dialect. Complaining about joints that don't function as they used to, Joe went on to describe his wife's less than adequate Christmas dinner from the holidays just past. His humorous ramblings also included comments about the use of caskets and the unlit nature of his signature corn cob pipe. The gentleman in question appeared suspiciously akin to

the white-clad Knights serving the evening meal.

The evening's drawings for the weekly door prizes went to 1st Vice-President John Patton and veteran member Alf Whittier. Then club jokester Dave Moore amused the membership with a few jokes, two directed at the current prime minister and one about a member of the female persuasion pumping gas. The jokes in turn were followed by the traditional sing-along led by club Chorister Phil Kerwin with Janis Graham providing the musical accompaniment.

After a few brief discussions regarding club affairs, Past President Don Loughheed introduced a former club member, Michael Drew, director of Parkside Ranch. Mike explained that the ranch, located in close proximity to Orford Mountain, was established as a religious retreat for young people experiencing difficulties with inter-social relationships in their lives. The hardships faced are eased by a therapy that involves the interaction between distressed patients and the stable of horses available at the camp. Piquing the interest of members, Mike was able to address the many questions posed to him about the ranch. Don Parsons, one of Mike's former teachers at Alexander Galt High School, thanked Mike for his presentation on behalf of the membership and presented him with a donation for Parkside.

The meeting thus concluded, members and guests prepared for their trip home.

Submitted by Steve Moore,  
SSSC Secretary



# Church Services

# Alexandra # 59 Odd Fellows of Ayer's Cliff consolidates with Victoria # 16 of Coaticook

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. 819-346-5564.

### NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m.

## Presbyterian

### LENNOXVILLE

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

## United

### AYER'S CLIFF - MAGOG

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

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, January 19 at 10:30 a.m. Shanna Bernier will be leading this service. All are welcome!

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship at 10:00 a.m. on Sunday January 19th with Rev. Linda Buchanan. Everyone is welcome. 819-565-8449; website-lennoxvilleunitedchurch.com

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.PlymouthTrinityChurch.org, invites you to our 10:30 a.m. worship service on Sunday, January 19, the second after Epiphany. There will be children's church! Joignez-vous à nous pour notre culte dominical le 19 janvier à 10h30, avec culte des enfants. Cordiale bienvenue à tout le monde. Minister : Samuel V. Dansokho.

With the major holidays over, I felt it was a good time to fill in with news although it is some time ago.

With sadness we announce the loss of another of our lodges.

In October 2019, Alexandra # 59 Odd Fellows of Ayer's Cliff gave up their Charter and consolidated with Victoria # 16 of Coaticook.

Alexandra # 59 of Ayer's Cliff was instituted in 1909, the same year as Ayer's Cliff was named. It was originally located on Main Street. At that time, it was on the second floor of the building and businesses housed on first floor.

Leland Mosher worked with leather and repaired everything from people's shoes to horse equipment. He did excellent work. He also had a small counter from which he sold peppermints and other goodies. Old men played checkers in the back and exchanged news, some true, some made up! I played a few times and even won (the old boys were not happy about that). I was waiting for horse equipment repair.

A Mr. Lyford had a barber shop and there was also a notary's office on the first floor.

I do not recall his name, but he was a short fellow. A restaurant took up about half the first floor.

At the time of the fire, Ira Whipple ran the restaurant.

Upstairs the lodge hall had a small kitchen, cloakroom, anteroom and main meeting place.

After I joined in 1953 the fun was carpet bowling which I loved to play.

In the anteroom was a small pool table for the men as they waited for their wives at the Rebekah meeting. It had been decided that the men who had partners who were members could become Rebekahs if they wished. That meeting room was full most of the time - maybe about a hundred people. A piano was in the corner for music.

A Mrs. Astbury was musician at that time. We played duets sometimes.

After the Hall burned, a building was constructed which proved to be too expensive to keep, so it was sold and a house on Pleasant Street was bought and it had a separate building

for the hall. We all loved that little hall and most of our guests were ok in spite of the steep stairs to get to the meeting area. That property was sold as it was too expensive to maintain. After that we met at homes. Madelaine Dezan welcomed us and when we had special do's we rented the Guild Hall for Rebekah District Meetings and joined

the Odd Fellows at the Legion for Joint Banquets. Eventually we rented the Legion for Meetings; then the Church Vestry.

Aside from these places, meetings were mostly in homes, usually at the home of the secretary at the time. We met at the home of Evelyn Keeble the last few years. She welcomed us as she had travel concerns and would not make the meetings. For extra special gatherings we used other lodge places or Wood's Snack Bar.

We thank Evelyn for her hospitality. She is secretary for Rebekahs and for the Odd Fellows.

Special Meetings were at the Legion or in a restaurant. The past few years

we were very pleased to have use of Wood's restaurant and services.

Submitted by Ernestine Whipple

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### PREVIOUS SOLUTION

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

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9	4	6	7	1	5	8	3	2

PREVIOUS SOLUTION

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## SUDOKU

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## Your Birthday

FRIDAY, JANUARY 17, 2020

Confidence, discipline and hard work will lead to victory this year. Believe in your ability to get things done and to make decisions that will bring about positive change. You will gain control if you are positive and competitive. Fight for what you want!

**CAPRICORN** (Dec. 22-Jan. 19) – Your charismatic approach to everything you do will be hard to resist. Form a partnership with someone who shares your beliefs and ideals.

**AQUARIUS** (Jan. 20-Feb. 19) – Work hard, play hard and live life fully. You will feel restless if you have too much time to think about the past. A brilliant maneuver will fix a pending problem.

**PISCES** (Feb. 20-March 20) – Take a moment to rest and evaluate your current situation. Discuss personal matters with someone who is well informed and shares your concerns. Personal gain is apparent, and romance will be inviting.

**ARIES** (March 21-April 19) – An older relative will concern you. Check out possible solutions that will benefit you and the rest of the family. A financial opportunity is likely if you act fast.

**TAURUS** (April 20-May 20) – Partnerships look promising, but don't let your emotions or stubbornness get in the way of a good deal. A romantic gesture will have a more significant impact than will an idle promise. Keep the peace.

**GEMINI** (May 21-June 20) – Getting along with others will be necessary if you want to get things done on time,

but don't promise to do anything that will jeopardize your health or financial future.

**CANCER** (June 21-July 22) – Love and romance should be priorities. A kind gesture or offering will encourage a positive personal change. Traveling or attending an event that sparks your interest is favored.

**LEO** (July 23-Aug. 22) – Keep moving forward. Sort out what you want, who you want to spend time with and how best to improve your current personal situation. Demonstrate your feelings and intentions.

**VIRGO** (Aug. 23-Sept. 22) – Your practical attitude will help you keep the peace as well as ensure that you get along with everyone. Implement a subtle change that will open a doorway to new possibilities.

**LIBRA** (Sept. 23-Oct. 23) – Your future can change in an instant, so do the best you can, and don't hesitate to apply yourself wholeheartedly to secure your position. Professional and financial gains are apparent.

**SCORPIO** (Oct. 24-Nov. 22) – Share your emotions with a loved one. Less talk and more action are what will encourage positive change. Refuse to let uncertainty stop you from voicing your thoughts and feelings.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Taking on too much will be stressful. Sign up only for what you know you can complete. Taking time to do something you enjoy will improve your well-being.

SATURDAY, JANUARY 18, 2020

Be open to new possibilities. Changes tailored to your needs will eliminate the fear of failure. Speak up for yourself to avoid being misrepresented, and approach physical or emotional risks with caution. If you stay in control, you'll reach your goals. Romance is featured.

**CAPRICORN** (Dec. 22-Jan. 19) – A change someone makes will confuse you. Don't be tempted to follow others' dubious actions. You are best off sticking to the methods that have worked for you in the past.

**AQUARIUS** (Jan. 20-Feb. 19) – Use your intelligence and experience to keep heading in a practical and meaningful direction. Keep your emotions out of your conversations and avoid controversial topics and people who don't share your beliefs.

**PISCES** (Feb. 20-March 20) – Travel and educational pursuits will give you the boost you need to decide what you want to do next. A romantic encounter will highlight your day.

**ARIES** (March 21-April 19) – Concentrate on what you can accomplish and stop worrying about something you have no control over. A secret surprise will turn out amazingly well and will please a loved one.

**TAURUS** (April 20-May 20) – When in doubt, ask questions. You may not get all the facts or understand what someone wants from you if you don't pay attention. Charm will get you only so far.

**GEMINI** (May 21-June 20) – A change at home or to your current lifestyle

looks promising. Proper diet and exercise will help you improve your stamina and overall health. Learn to say "no" to unreasonable demands.

**CANCER** (June 21-July 22) – Fix up your surroundings to suit your needs. A creative project will turn out better than anticipated. Home additions should add to your comfort and convenience. Make romance and family fun priorities.

**LEO** (July 23-Aug. 22) – Don't express your feelings until you feel calm and sure about what it is you want to change in your life. A positive approach will bring the best results.

**VIRGO** (Aug. 23-Sept. 22) – Listen to what others have to say, but don't reveal your opinion. Hold off making a move until you are sure the results are going to be beneficial. Romance is encouraged.

**LIBRA** (Sept. 23-Oct. 23) – Evaluate your position and research the possibilities that are open to you. Use your intelligence to ferret out information and people who can contribute to your success.

**SCORPIO** (Oct. 24-Nov. 22) – Keep your thoughts to yourself until you know where you stand. Someone will use emotional tactics to manipulate you. A romantic evening will change the way you feel.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Use your intelligence and experience to navigate the choices you have to make. Don't feel that you must take on a physical challenge to impress someone.

## Behind-the-back talk

Dear Annie

FRIDAY, JANUARY 17, 2020

**Dear Annie:** I have a problem with my friend "Julie" that I'm not sure how to handle. She's a really good friend in many ways. She's always there when I'm going through hard stuff. She's generous with food and gifts and other thoughtful gestures. For instance, last year, when she was watching my dog while I was out of town, she took him to the vet when he seemed sick, with no hesitation. And one time when there was an issue with my apartment that required me to be out of the unit for a few days, Julie let me stay with her even though it was on very short notice. You get the picture. When we're on good terms, you couldn't ask for a better friend.

But whenever we have a conflict, she does something I find frustrating and immature. She tells all our mutual friends about our disagreement – and from her own biased perspective. I've picked up on this over the years because these mutual friends have let slip things that she's told them about our fights. I've also put it together for myself because whenever she fights with another friend, she tells me all about it. I know that I'm not special and that when we have fights, she does the same thing.

Personally, I think it's wrong to talk negatively about someone to a mutual friend, so I never want to do that myself. But I worry that with everyone just getting one side of the story, people have a skewed picture of me. Should I try to correct the record by letting these friends know my side or just be the bigger person and let it go? – Ears Burning

**Dear Ears Burning:** It's bad enough when high schoolers do this. There's no excuse for grown adults

to be engaging in this sort of gossip mill. Rather than dive into the mud yourself by trying to explain your side of the story to friends, rise above and address the problem at its source. Confront Julie. Explain how her oversharing (to put it nicely) hurts you. If she continues talking behind your back after that, reconsider how close you want to be with her.

**Dear Annie:** I understand and sympathize with "Sleepless in Spokane." My husband of 36-plus years and I have successfully slept in separate bedrooms for over 10 years. I like your suggestion of twin beds. I might also suggest that "Sleepless in Spokane" put a nightstand between the twin beds and use a white-noise machine or even a fan. That is what I do whenever we have company or are on vacation and hubby and I share a bed. – Been There

**Dear Been There:** I'm glad to hear that separate bedrooms have worked out for you and your husband. That arrangement truly does seem to do wonders for many couples these days. The white-noise machine is an excellent tip that I should have mentioned in my original answer. Thanks for writing.

**Dear Annie:** Our beloved family dog, Dasher, passed away last year. Dasher was a husky. She was the sweetest and best dog I ever could imagine. Good with the kids and our old kitty. When I contacted the breeder I bought her from, he said that he is no longer breeding. My friend suggested I look at adopting a dog from the local shelter or a rescue group. I really want a husky, and our shelter didn't have any but suggested I reach out to local husky rescue groups. Well, I did, and I found a great one.

After I filled out the application, a volunteer called

me within 24 hours. She thanked me for considering adoption and gave me some very sad statistics about how many dogs get euthanized because of overpopulation. She then said my house will be a tricky place to find the right dog for. Most huskies have a strong prey drive and are not great with cats, small dogs or small children. I was taken aback because Dasher was so great with all of the above. When I told her this, she said my best bet would be to get a puppy and socialize the dog around kids and cats as much as possible. She said that her rescue group rarely gets pups in and that it could take a long time. I want to adopt, but I also don't want to put the lives of my cat and kids in danger. Do you have any advice as to what I should do? – Adopt or Shop?

**Dear Adopt or Shop:** Whenever possible, adopt; don't shop. I understand loving a particular breed and wanting a puppy of that breed. The way I see it, you have three options:

- 1) Wait until the husky rescue gets a puppy in.
- 2) Go on Petfinder and search for husky puppies. You may have to travel a bit to find a puppy, or it may not be a purebred husky, but chances are great that you can find a husky puppy. Sometimes mixed breeds are healthier than purebreds.
- 3) If you do decide to buy a puppy, at least be sure you know where you're buying from. Kristina Lotz wrote a wonderful article for iHeartDogs titled "10 Signs That A Puppy Is From a Puppy Mill," and I would recommend reading it before buying from a pet shop or breeder.

CONT'D ON PAGE 22

**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.

“XIGK KH MYTI LG KH LGUP LG  
KH DYTCP. UZUIHLMTDF'P XYJU.  
UZUIHLMTDF! UZUD KH MUYIL TP  
XYJU.” – YEITYDY CTKY

Previous Solution: “I don't get depressed. When I feel an attack, I withdraw. I disappear, I replenish and then I come back.” — Naomi Campbell

TODAY'S CLUE: A s i s t e n t

**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.

“R'T AWED XM W DVWT DCWD  
EWRVYVY TRHHRXIY XM ZXHHWEY  
WIZ EWRVYVY WLWEVIVVY XM CRO  
WIZ WRZY WHH XOVE DCV LXEHZ.”  
– HRIZW VOWIKVHRYDW

TODAY'S CLUE: P a s s e n g e r

Previous Solution: “From my hair to my toes to my nails. Everything's fake. Everything! Even my heart is fake.” — Adriana Lima

Previous Solution: “From my hair to my toes to my nails. Everything's fake. Everything! Even my heart is fake.” — Adriana Lima

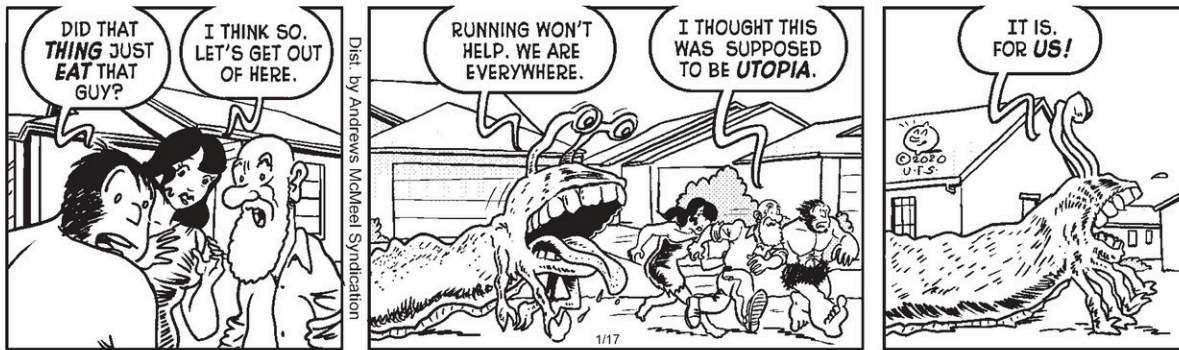
**REALITY CHECK**



**HERMAN**



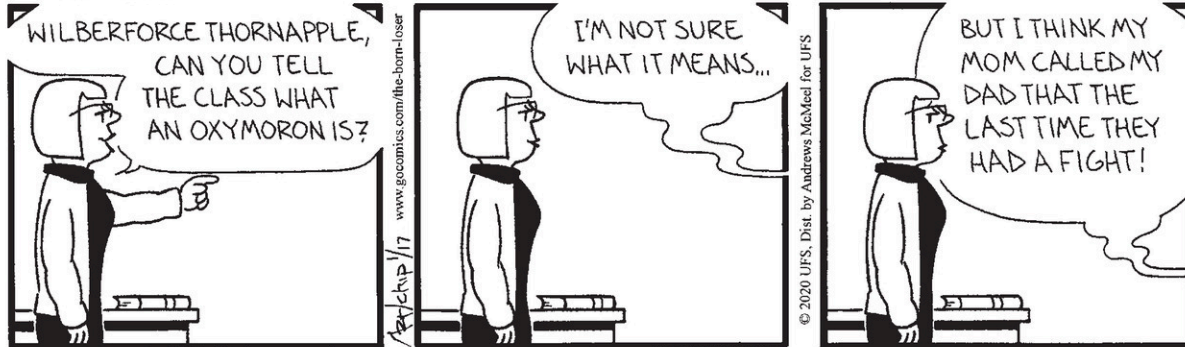
“I'd ask you in, but I've only got one chair.”



**ARLO & JANIS**



**THE BORN LOSER**



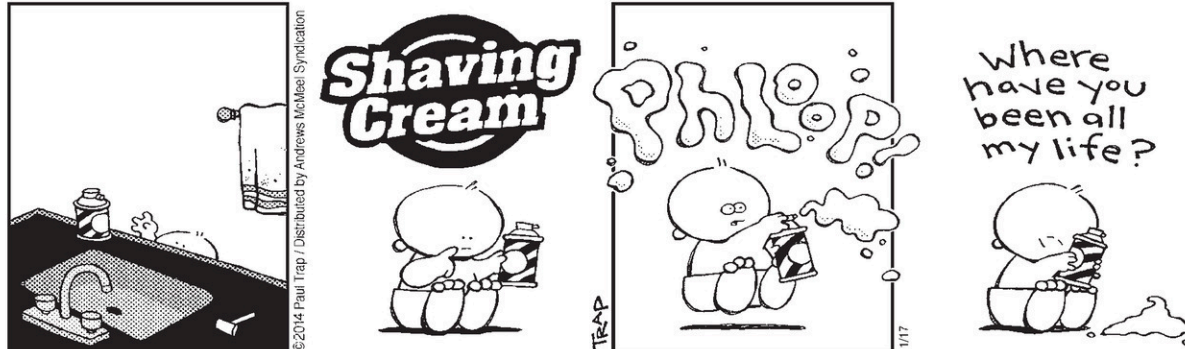
**FRANK AND ERNEST**



**GRIZZWELLS**



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 E-mail: classad@sherbrookerecord.com  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

# CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication  
 Or mail your prepaid classified ads to  
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

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- 100 Job Opportunities
- 100 Job Opportunities

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**290 Articles for Sale**

**ESTATE SALE,** January 18 & 19, 9 a.m. to 6 p.m., at 4 Gaboury Road, Foster. Everything must go! Bedroom set, Cookware, China, Decorations, Electronics, Furniture, Flatware, Fridges, Freezer, Glassware, Lawn furniture, Small appliances, Tools, Towel sets, etc. Everything at give away prices!

**395 Home Improvement**

**TAPIS STEVE** - Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.



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## BUILDING MAINTENANCE WORKER

Founded in 1836, Bishop's College School is one of Canada's preeminent co-educational independent boarding schools. We are currently seeking an experienced Building Maintenance Worker.

**Nature of duties:**

Reporting to the Manager, Property and Material Services, the Building Maintenance Worker is responsible for keeping buildings in proper working condition by completing a variety of maintenance with an emphasis on plumbing. Typical duties can vary from day to day.

For further information please consult our webpage: <https://www.bishopscollegeschool.com/about/careers>

This position offers a competitive salary and benefit package. A resume and letter of interest should be sent by **January 24, 2020** to:

Human Resources  
 Bishop's College School  
 80 Moulton Hill Road  
 Sherbrooke (Québec) J1M 1Z8  
 wjohnson@bishopscollegeschool.com

*\*Only candidates selected for an interview will be contacted.*

**ACROSS**

1 Tasty tuber  
 4 Male swan  
 7 Monsieur's wine  
 10 Italian writer  
 11 Suit, for short  
 13 Overrule  
 14 Cpl. or Sgt.  
 15 Pickle choice  
 16 Like good cheddar  
 17 Foot pedal  
 19 Flimsy, as an excuse  
 20 X-ray kin  
 21 Awry  
 23 Admirer  
 26 Regions  
 28 Freddy's street  
 29 Potpie veggie  
 30 Gets threadbare  
 34 Gully  
 36 Boob tubes  
 38 Neckline type

**DOWN**

1 Craving  
 2 IRS employee  
 3 Secure a boat

**Answer to Previous Puzzle**

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

4 Hot tub wood    12 Sweep up  
 5 Get rusty    13 Traveling bag  
 6 Kind of pepper    18 Cassowary kin  
 7 Gambling mecca    22 Kitten's cries  
 8 Things    23 Pickup truck part  
 9 Knot    24 New Haven student  
 25 Qty.    27 Pledge  
 29 Univ. degrees    31 Blvd.  
 32 NBA official    33 Perm follow-up  
 35 Ring    37 Making known  
 40 Noted fabulist    41 Insurance grp.  
 42 Of the fleet    43 Grad school exams  
 45 Direct    46 Sulk  
 48 Holland export    49 Shuttle launch sound  
 50 Mystery writer — Paretzky    54 Small cask

## PUBLIC NOTICE

### NOTICE OF THE PROPERTY TAX ROLL FOR THE YEAR 2020

Notice is hereby given that the general property tax roll has been prepared and submitted to my office. The tax roll is now in effect and all those whose names appear on it are required to pay the amounts indicated, in four equal instalments, on the following due dates:

- First instalment : **March 4, 2020**
- Second instalment : **May 4, 2020**
- Third instalment : **July 3, 2020**
- Fourth instalment : **September 3, 2020**

Any annual assessment of less than \$ 300 is due and payable in its entirety by **March 4, 2020**.

Payments may be done in either one of the following:

At most financial institutions:

- ◆ By internet
- ◆ By telephone
- ◆ At banking machines
- ◆ At the counter

With the Ville de Sherbrooke

- ◆ By pre-authorized payments
- ◆ By cheque sent by mail to the following address:  
 Ville de Sherbrooke, C. P. 50, Sherbrooke (Québec) J1H 5H5

**The mailing of the tax bills are scheduled for the week of January 20, 2020.**

**If you are a new owner**

Your property tax bill may have been sent to the previous owner. **This does not in any way remove your obligation to pay your taxes by the deadlines set by the City, in default of which you will be required to pay interest as of the deadlines established for the instalments.** Please note that the City of Sherbrooke does not issue new tax bills when a property changes owners. Although, it is possible for you to get a copy of the tax bills from the Ville de Sherbrooke internet site at the following address: [sherbrooke.ca/taxation](http://sherbrooke.ca/taxation).

If you have not received your tax bill, or are unsure whether or not you have received it, it is your responsibility to ensure that your file is up to date by contacting the Revenue Department at 819 821-5626.

Issued in Sherbrooke, this 17<sup>th</sup> day of January, 2020.

Nathalie Lapierre, MSc, CPA, CMA, Treasurer



# Dear Annie

CONT'D FROM PAGE 20

**Dear Annie:** Your column with the letter from widower "Neil" brings back sad memories for me. I lost my mother when I was 13 years old, and it was staggering. I had no siblings and an alcoholic father. Life was a mess.

Years later, I attended a seminar, and the most important thing I learned was how to handle major upsets. Here's the way to do it. When thinking about an upsetting incident, write down the following questions and your answers: When did it happen? Where did it happen? Who was involved? How did you feel? What happened?

You might want to write the same upset down several times. Just do it. It

will work. – Art in Oregon

**Dear Art:** Writing is a wonderful form of therapy. I second your suggestion. Thanks for it.

To find out more about Annie Lane and read features by other Creators Syndicate columnists and cartoonists, visit the Creators Syndicate website at [www.creators.com](http://www.creators.com).

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

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# NEA Crossword Puzzle

# Your Birthday

SUNDAY, JANUARY 19, 2020

best off handling relationships with care. Your expectations may not measure up to what someone close to you anticipates. Don't wait until a situation gets out of hand. Offer suggestions and incentives now.

**CANCER** (June 21-July 22) - Make serious decisions and personal changes that will improve your life, home environment and relationship with a loved one. A reunion will bring back fond memories.

**LEO** (July 23-Aug. 22) - Don't sit around accomplishing little. Accept an invitation, do something that will help you obtain better health or add to your knowledge. You can improve your life!

**VIRGO** (Aug. 23-Sept. 22) - Don't hesitate to make a change. What you discover will open a passage to new friendships, financial possibilities and personal growth. Love and romance will enrich your life.

**LIBRA** (Sept. 23-Oct. 23) - Balancing your responsibilities will be easy if you are practical and moderate and also know when to say no. Be precise regarding what you are willing to do for others.

**SCORPIO** (Oct. 24-Nov. 22) - Be reasonable if someone challenges you. Injury is likely if you take on more than you can handle. You'll make a better impression if you promote peace and love, instead of showing physical strength.

**SAGITTARIUS** (Nov. 23-Dec. 21) - Look at your to-do list and get to work. A practical approach will help you get things done promptly. Once finished, enjoy some serious relaxation.

Take pride in what you do and how you treat others, and the response you get will help you turn this into a memorable year. Use your intuition and experience to bring about positive change for you and your community. Make love a priority.

**CAPRICORN** (Dec. 22-Jan. 19) - Honesty will help you drum up the support you need to get ahead. If you share your feelings, you will be able to resolve an issue that has been standing in your way.

**AQUARIUS** (Jan. 20-Feb. 19) - Put some energy and initiative behind your ideas. Be ready to deal with last-minute changes or people who don't come through for you. Know your boundaries and limitations.

**PISCES** (Feb. 20-March 20) - Handle personal matters calmly. If you or someone else gets all worked up, you won't resolve anything. Positive change happens when balance and equality are maintained. Pay attention to detail.

**ARIES** (March 21-April 19) - Travel will result in knowledge and a better understanding of what you will be doing next. Your ability to see all sides of an issue will give you leverage when discussing your intentions.

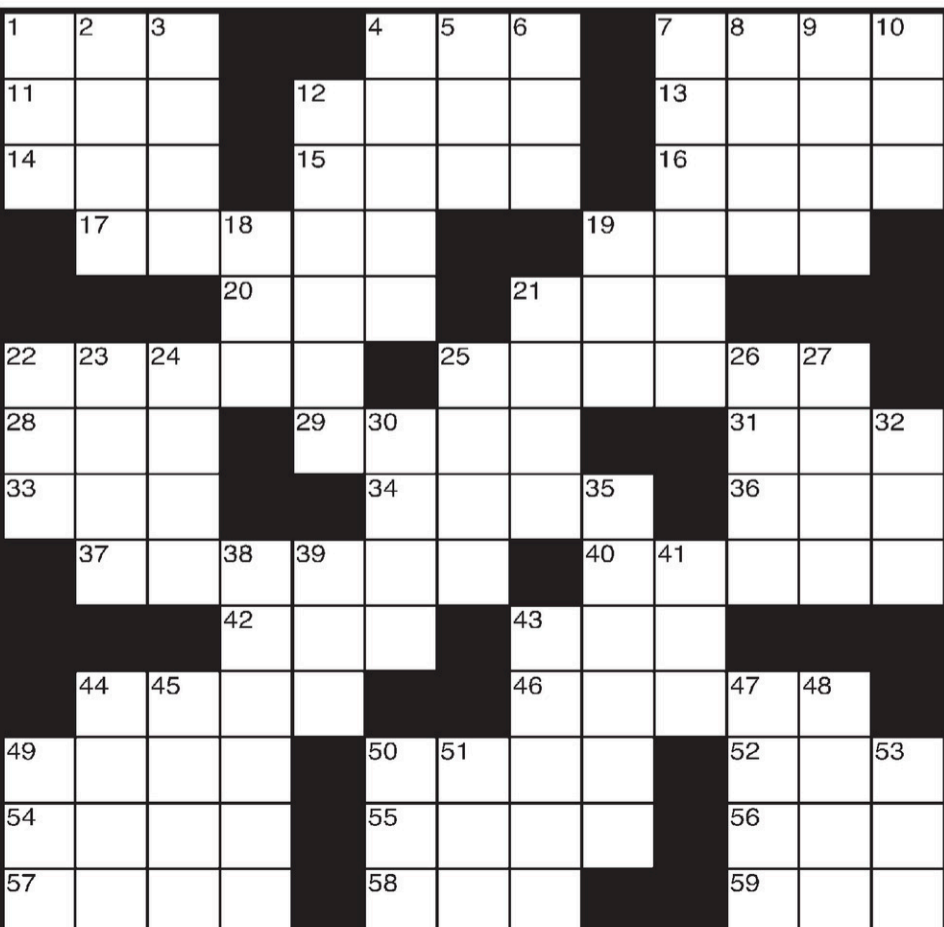
**TAURUS** (April 20-May 20) - You may not agree with the changes someone makes, but if you take care of your affairs and remain quiet, you will avoid a dispute. Protect your reputation and security.

**GEMINI** (May 21-June 20) - You are

### Answer to Previous Puzzle



- ACROSS**
- 1 Eggy drink
  - 4 Food fish
  - 7 Prez backup
  - 11 Nocturnal predator
  - 12 "Brian's Song" star
  - 13 Russian range
  - 14 Flower lover
  - 15 Mystique
  - 16 Roman historian
  - 17 Blackens
  - 19 Molding
  - 20 "— Gotta Be Me"
  - 21 Gotcha!
  - 22 Syrup source
  - 25 Voting number
  - 28 Baseball stat.
  - 29 From memory
  - 31 Bird's beak
  - 33 — Vegas
  - 34 Huge amount
  - 36 Chinese "way"
  - 37 Nursery-rhyme girl (2 wds.)
- DOWN**
- 1 San Francisco hill
  - 2 Is indebted
  - 3 Mirth
  - 4 Grounds
  - 5 Paddle
  - 6 Forensic sci. tool
  - 7 Coarse
  - 8 Great Lake
  - 9 Roof overhang
  - 10 Thickness
  - 12 Sculptor
  - 18 Feel pain
  - 19 Taunting cry
  - 21 "The Clan of the Cave Bear" author
  - 22 Blanc or Gibson
  - 23 Sheik or sultan
  - 24 El —, Texas
  - 25 Swab brand (hyph.)
  - 26 Till
  - 27 Fermented honey
  - 30 Friendly
  - 32 Son
  - 35 Online messages
  - 38 Moon stages
  - 39 Water, on the Seine
  - 41 Cereal unit
  - 43 Football charge
  - 44 Wolf, to Pedro
  - 45 Unsilently
  - 47 Novelist — Bagnold
  - 48 Not common
  - 49 Blubber
  - 50 Wind maker
  - 51 Half a pair
  - 53 Outlaw



FRIDAY, JANUARY 17, 2020

## Can you see all of the traps?

By Phillip Alder

Christopher Morley, who was a multi-talented writer, said, "The real purpose of books is to trap the mind into doing its own thinking."

The real purpose of bridge columns is to trap the reader into doing his or her own thinking.

In today's deal, how should South play in four spades after West leads the club queen?

Declarer is faced with a finesse in each red suit. What is the a priori probability that one will succeed?

The first finesse is 50-50. Half of the rest of the time, the second finesse will work. So, it seems to be 75 percent. But as a 1-1 split is slightly more likely than 2-0, it is actually 76 percent.

However, as you know, in prepared deals, a finesse will win only when it is needed to make the contract. No doubt you have looked at the full deal and seen that both the heart ace and diamond king are offside. South seems doomed to defeat. But there is a route that avoids the traps.

South must keep East off the lead. The key play is to let West hold the first trick!

West will probably persevere with another club. Declarer wins with his ace, draws trumps ending on the board

North		01-17-20	
♠	Q J 6 3	♥	7 4 2
♦	A J 10	♣	K 5 2
West		East	
♠	7 2	♠	8
♥	A 6 5	♥	Q J 10 9
♦	8 7 4 2	♦	K 6 5 3
♣	Q J 10 3	♣	8 7 6 4
South		Dealer: South	
♠	A K 10 9 5 4	Vulnerable: North-South	
♥	K 8 3	South	West
♦	Q 9	1♠	Pass
♣	A 9	4♠	Pass
Opening lead: ♣ Q		North	East
		3♠	Pass
		Pass	Pass

and discards a diamond on the club king. Then he cashes the diamond ace and continues with the diamond jack.

Here, if East covers, South ruffs, plays a spade to the board and pitches a heart loser on the diamond 10. If East does not cover, declarer discards a heart. Then, if West can produce the diamond king, the contract will still be safe, South having six spades, two diamonds and two clubs.

# Share these easy 'OMG' cookies with friends

KITCHEN SCOOP by Alicia Ross

I really should call my recipe for Small Batch Heath Bar Cookies my OMG ("Oh my God!") cookies instead, because that has been the response from everyone who has eaten one lately. Ironically, this is a recipe I found handwritten on a card in the bottom of my file cabinet, which had a smiley face on it - the old-school version of OMG. (Obviously, I had the same response to the cookies and copied the recipe from a friend.)

Seriously, these will not disappoint the most discerning cookie connoisseur. You have a hint of chocolate, the chewy goodness of toffee and the sure presence of pecans surrounded by butter-sugar dough that is delicious by itself. I've sized the batch to make 20 cookies, which is helpful when you don't want to be tied to the oven for over an hour baking tray after tray. For a small household like mine, there are still enough to enjoy and share without tiring of them.

Enjoy!

## Small Batch Heath Bar Cookies

Start to finish: 15 minutes  
preparation time, 30 minutes  
refrigeration time, 12 minutes  
baking time  
Yield: 20 cookies

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup (1 stick) unsalted butter, softened
- 3/4 cup sugar
- 1 egg
- 1 teaspoon vanilla

- 4 finely chopped Heath Bars
- 1/2 cup chopped pecans

In medium bowl, sift together flour, salt and baking soda. Set aside.

In the large bowl of an electric mixer, mix together the butter and sugar until light and creamy, about 2 minutes on medium-high. Add the egg and vanilla and mix to incorporate. Turn off the mixer and stir in (by hand) the candy bars and pecans. Cover with plastic wrap and refrigerate for 20 to 30 minutes, or until the dough is nice and firm.

Preheat oven to 350 degrees. Drop each cookie dough scoop about 2 inches

apart onto a parchment-lined cookie sheet. Bake for 12 minutes or until lightly browned on the edges. Cool on cookie sheet for 5 minutes and then transfer to a cookie rack to cool completely. Store covered.

Approximate values per cookie: 142 calories, 8 g fat (3 g saturated), 20 mg cholesterol, 2 g protein, 16 g carbohydrates, 0.5 g dietary fiber, 142 mg sodium.

Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006).

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