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Union workers protest in Lennoxville

By Michael Boriero

The Public Service Alliance of Canada (PSAC), one of the largest workers' unions in the country, held a protest outside of the Centre de recherche et de développement (CRD) de Sherbrooke Thursday morning, calling for a new collective agreement.

According to PSAC-Quebec Regional Executive Vice-President Yvon Barrière, employees at the federally run CRD de Sherbrooke, which is managed by Agriculture and Agri-Food Canada, have been working without a new contract for roughly 16 months and patience is

CONT'D ON PAGE 5

Don't forget to turn your clocks back an hour this Saturday night!

Sharing stories of veterans, military personnel, and their families

GORDON LAMBIE

The cast of Project Monarques's Sherbrooke Premiere. Back row: Ann-Catherine Choquette, Albert Kwan. Front row: Étienne D'Anjou, Sébastien Rajotte, Emmanuelle Laroche

By Gordon Lambie
Local Journalism Initiative

Next Tuesday night, Nov. 8, the Théâtre des Petites Lanternes will hold the premiere performance of its Project Monarques, a theatrical exploration of the operational stress injuries and post-traumatic stress lived by Canadian veterans, military personnel, and their families. As has been the case with projects by the Sherbrooke-based theatre company in the past, the play has been built around real-life accounts gathered from people across Canada over the last several years.

CONT'D ON PAGE 3

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Weather

TODAY:
MAINLY SUNNY

HIGH 18
LOW 12

SATURDAY:
SUNNY

HIGH 21
LOW 17

SUNDAY:
CHANCE OF SHOWERS

HIGH 19
LOW 11

MONDAY:
SUNNY

HIGH 16
LOW -5

TUESDAY:
SUNNY

HIGH 4
LOW -8

Days of the Dead

Good Reads

Lennoxville Library

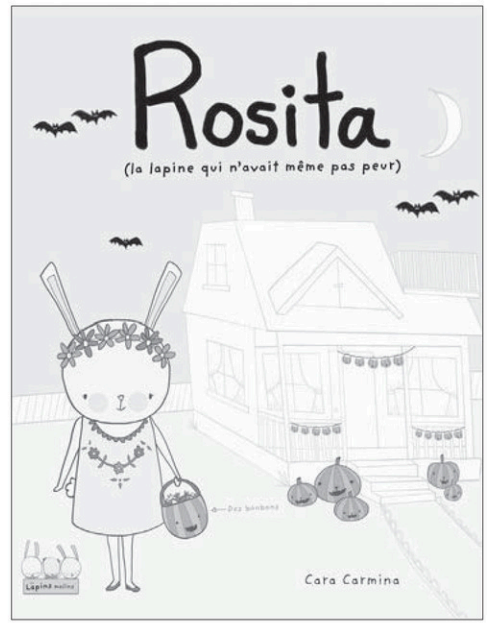
Review by Shanna Bernier

Many cultures around the world have celebrations honouring the dead. Several take place around now, in the dark and gloomy pre-winter darkness, inviting the participants to remember the dearly departed. Something about this time of preparing for winter, of bare branches and foggy November mornings, tunes humanity into the thinning of the veil between the world of the living and the world of the dead. Dias de los Muertos, an important cultural and religious festival celebrated throughout Mexico, is often mixed up with Halloween. While they have some things in common – like costumes, parties, feasting and their proximity on the calendar – they also have important differences.

Halloween as we know it dates back to ancient celebrations of late fall, harvest, winter preparations and bonfires (from the original bone-fires) rooted in the ancient Celtic festival of Samhain (pronounced sow-in). Like many traditions deemed "pagan" by early Christian rulers, Samhain likely evolved to be Christianised around the 10th century, and much of the demonic and satanic connotation that it was rumoured to celebrate was as a result of bad translation. Samhain was folded into Allhallowtide, which includes All Hallows Eve (Halloween), All Saints Day and finally All Souls day. All Souls is a day to commemorate those who have died, and it falls on the same date as Dias de los Muertos. Day of the Dead and Halloween are very possibly connected in some long ago and far away way, with changes and evolution over centuries of colonialism, indigenous traditions blending with Christian traditions and the secularizing and commercializing of holidays. In Canada we have moved a long way from carving turnips and burning bones [from the steer butchered to celebrate the coming winter] while welcoming the ghosts of departed loved ones. We enjoy costumes, candy and romping through our neighbourhoods at night, which are all delightful. But, our Halloween has lost its connection with remembering ancestors and exploring the meaningful mystery of that thinner barrier between the here and the hereafter.

I have been blessed in the past year to have a greater connection with Mexican-Canadians, and I have really appreciated learning more about the traditions associated with the Festival of Dias de los Muertos. I wanted to be able to deepen that more by sharing some books on the subject with my children. I discovered that our local libraries, as well as many of the local book stores, have an absence of any books on the subject, but stumbled on a gem entirely by chance. Written and illustrated by author/artist Cara Carmina, a Montrealer of Mexican origin, *Rosita (La Lapine qui N'avait Même Pas Peur)* is a perfect book for someone exploring the traditions of Halloween and Dias de los Muertos.

This large picture book is a part of a series of books Carmina has written about different bunny characters dealing with real-life challenges kids face. In Rosita's story, we learn about her annual visit to her Canadian cousin Pauline, where they celebrate Halloween, and then have a family celebration for Day of the Dead. Rosita is afraid of "El Coco" a kind of boogie-man rumoured to eat bunnies. The book honours the fact that fears are normal, and invites the characters and the reader to reflect on what makes us afraid. We are not dismissed for being scared, but offered the opportunity to be comforted by friends and loved ones as a way of making fear smaller. The book offers beautiful illustrations of the bunnies' Halloween trick-or treating, as well as their décor and ofrenda (altar of offerings) set up for Day of the Dead. I recommend this book to readers of all ages, but the target audience is likely around 6-10-year-olds. For further reading connected to this subject, I recommend *Ghosts* by Raina Telgemeier (available at the Lennoxville Library) which tells the story of Catrina and her family, who have recently moved to Bahía de la



Luna in northern California, a town rumoured to be a great location to see ghosts. The move was intended to help the health of Catrina's younger sister, Maya, who has cystic fibrosis. In the novel they meet their neighbour Carlos, who helps them connect with their Mexican heritage and culminates in celebrating Dios de los Muertos. This middle-grade graphic novel is a moving story of a family facing mortality and embracing culture. Because Telgemeier is not herself of Mexican heritage, the book did receive some critical reviews, but I think —bearing in mind important conversations about diversity in books— it is still worth reading.

So, this November take a moment to recall your ancestors, embrace fear as normal, and enjoy the sweet treats left over from the Halloween revellers!

Lennoxville Library News

Our annual fundraising campaign "Adopt-a-Book" is entering its final week.

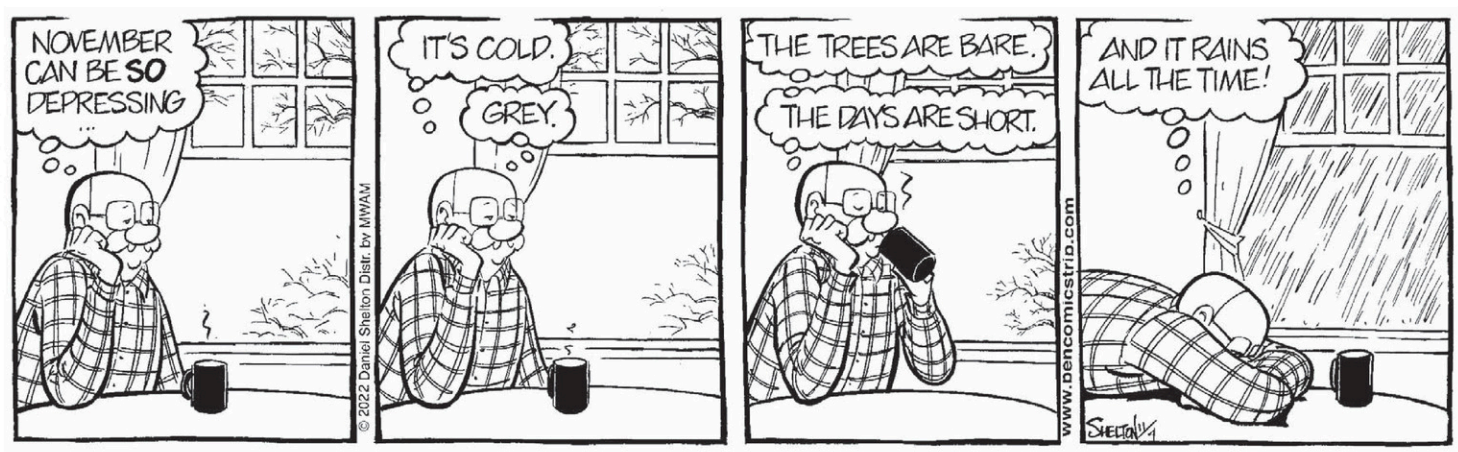
So far, the community has come together to raise over $2500 to defray the cost of buying new books.

But this is only 15 per cent of our annual new book budget. The Library is an NPO that depends on community support to offer the range of services it does to Lennoxville and beyond.

If you appreciate what we do, consider making a donation this week. We truly can't do it without you.

All donations are tax deductible.

Ben by Daniel Shelton



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Local News

Nadeau-Dubois' decision isolates the three recently elected members of the Parti Quebecois, who continue to refuse to swear the oath to the King.

Quebec solidaire to swear oath to King, vows to table bill to make pledge optional

The Canadian Press

The 11 recently elected members of Quebec solidaire are no longer refusing to swear an oath of office to King Charles III.

Spokesman Gabriel Nadeau-Dubois says party members will take the oath so that they can enter the legislature and quickly table a bill to make the pledge optional.

Quebec solidaire's reversal is in reaction to a decision earlier this week by the Speaker of the legislature, who said the oath to the King was mandatory and authorized the sergeant-at-arms to expel members who don't comply.

Nadeau-Dubois' decision isolates the three recently elected members of the Parti Quebecois, who continue to refuse to swear the oath to the King.

Nadeau-Dubois says the Speaker's decision is disappointing, but the Quebec solidaire spokesman says that to pass a law making the oath optional, his party needs to sit in the legislature.

Coalition Avenir Quebec house leader Simon Jolin-Barrette has said the government is ready to move quickly to make the oath optional.

Stories

CONT'D FROM PAGE 1

Angèle Séguin, co-author of the final script, explained that the idea for this project came directly from a group of veterans and military families looking for a way to express the challenges that go along with post-traumatic stress and military service.

Project Monarques, named with the long and perilous annual journey of the monarch butterfly in mind, is built around the theatre company's signature creative method, "the great harvest of words." In this process, people in the affected community are invited to attend writing workshops where they fill out an anonymous notebook with their thoughts and reflections on the subject matter at hand. In the past, the technique has been used to create stories using the words and experiences of the survivors of the Lac-Mégantic rail disaster as well as with communities in Haiti and the Democratic Republic of the Congo.

In the case of this project, workshops were held in French and in English in communities and on military bases across Canada, and then later through videoconference when the COVID-19 pandemic prevented face-to-face interaction.

"The process of the great harvest, where we use notebooks, worked very well for unlocking that process and allowing people to be honest and frank about what they have experienced," Séguin said. "When people gave us their notebooks, there was this sense of liberation, and it gave me a great sense of responsibility."

The co-author said that more than 200 notebooks were filled by participants across the country over the course of the workshop period.

"With 200 writers that is thousands of pages that we are condensing into a production of an hour and twenty minutes," she reflected, pointing out that the process offers enough material that one could write for years. "Every page is read by at least three people, and together we try to see what stands out."

Marie Malavoy, former Member of the National Assembly for Sherbrooke, said that her experience in that process of "condensing" the texts, played a big role in her decision to serve as the project's civilian spokesperson.

"What I found fascinating (about selecting from the notebooks) was the way that people who we might otherwise consider closed off by their trauma found a way, by putting what they had lived down on paper, to step out of that silence," she said. "I remember one booklet where, between the three of us, everything was underlined."

More than just collecting interesting or impactful phrases or ideas, however, Séguin said that the challenge of the great harvest of words is creating a production that is true to the experiences and tone of the stories shared by the participants in their notebooks. She takes the willingness of retired Brigadier-General Richard Giguère to serve as the project's military spokesperson as a sign that Project Monarques has accomplished that goal.

Giguère shared that he signed on with the project right away after sitting on in an initial read-through in Quebec City last year.

"It really made me reflect," the retired Brigadier-General said. "After 35 years we think we've seen it all, but it opened my eyes to realities I hadn't even considered within my own family. All of a sudden I found myself thinking of what I had asked of them over the years."

Giguère pointed out that PTSD has a long and challenging history of stigma within the armed forces that still lives on today, even as the world opens up more about the realities of mental health. From that point, he highlighted the fact that although the story is built around the military context, the theme is one that has a much broader reach.

"Stress leaves a mark on all kinds of people," Giguère said "This play helps to create a space for reflection, discussion and exchange that offers a greater freedom of expression."

"People may think that this is a performance that only impacts military personnel, and that is not the case," Malavoy added.

Next week will mark the first performance of the new production, taking place in French at the Centre culturel of the Université de Sherbrooke, but the play will tour Quebec starting in January, with an English translation to follow nationwide starting in April.

Given that the whole goal of the harvest of words process is for the final text to be as true to what was shared in the initial booklets as possible, Séguin said that there is great care being taken to make sure that the English translation is as clear and accurate as possible. The initial work on the text is being done by an English actor in Montreal, after which the script will go through a second editorial process in committee with English speaking people within the military.

"It's rare that there's an opportunity to put theatre and the military together, but here we did it, and people embraced the medium," Giguère said, sharing the expectation that this play will become the starting point of many more conversations in the months and years to come.

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One column, four voices

Open to the Spirit

Today's word: Reward

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

1) A reward is something that is given for good behaviour, like money that is given for helping the police. Rewards are used by parents as motivators to help children follow the house rules or eat all the right foods. I found some interesting quotes about rewards. Jonas Salk once said, "The reward for work well done is the opportunity to do more". For some people, punishment is the opposite of reward. I'm not sure I like this idea. Albert Einstein was quoted as saying "If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed."

These days, rewards are something used by stores and credit card companies as an incentive to buy more things, many of which we don't really need. Some of their commercials on television can be quite enticing. Who doesn't like a reward? The commercials urge people to make decisions quickly and not think about it too much. Cha-Ching. In my opinion, those rewards only help the big business companies. For Hallowe'en it was fun to give away candy, and at my house, warm cinnamon rolls for the cold parents walking with their kids. The best rewards for me are the smiles I get in return.

The bible has an interesting story about rewards. King Solomon was being commended for building the temple, and in a dream he heard a voice offering him anything he wanted, Instead of asking for fame, or riches he asked for wisdom, to help him be a good king. As the story goes, God was pleased with his choice and the world still to this day talks of "the wisdom of Solomon."

I like to think that in life, things that are truly valuable are worth working for. Real treasures do not come easily. I also think that spiritual rewards, peace, love, joy, hope, usually come with experience and struggle. For me, the divine presence is a mystery, and when we reach the end of our hunt for meaning there is a great wisdom, a wonderful reward. Solomon made the right choice.

2) As a member of the clergy, I have many discussions about reward and punishment in my life. Yet when it comes to being a father, it seems like the most common time I have this conversation is around Halloween time. Don't get me wrong, we love Halloween in my family, but I always have fun asking the question to my kids about what they have done so good in this past year that they deserve to go door-to-door rewarded with mounds of candy for doing absolutely nothing but dressing up in a costume. Of course, the conversation ends quickly when they say, "it's fun and we like candy, that's why". But with Halloween just a few days behind us this does get me thinking about the deeper meaning of reward in our lives.

Judaism shares the theological beliefs of many other faiths that we are rewarded for our good deeds here on Earth after we die, in a place we call "Olam ha Ba", the World to Come, and there many places in our liturgy in our texts that say this clearly. Nevertheless, the clear focus is not the afterlife, it is instead our lives here on Earth, doing our best to be compassionate people and fixing the brokenness we find around us not necessarily expecting some eternal reward. In some ways, reward, the afterlife, or messianic days is more an afterthought to the purpose of life than a goal.

One of the reminders of this comes in the focus on blessings in our lives. We are told that we should say 100 blessings a day, finding holiness, inspiration, and hope in not only the powerful moments in our lives, but also those small moments of connection. If we take this command seriously, then we can see nearly every moment as a miracle and even more as a reward, not necessarily because of our good deeds or beliefs, but simply because we exist. The world itself was given as a reward for us, and the only necessary act we need to receive this is to pay attention, to be mindful of what we find around us.

On the other hand, there is something profoundly powerful about the idea of being rewarded for our good deeds and our thoughts and actions when we eventually leave this earthly realm. But I am not willing to wait until I die to receive this reward. For me, I gain even more strength from the knowledge that the good that I find in this world in part can exist because of my actions and my hard work. To use Biblical terminology, what I sow, I can reap. If I live a life of compassion and hope, then this is the reward I can expect to gain in return. And while there are many challenges in our lives, there is also plenty of good to go around.

3) The word reward usually means a gift someone gives to you, to honour an achievement. An Olympian is given a medal to award their achievement. Sometimes though, we need to reward ourselves. This thought made me remember a restaurant meal I had in Montreal, years ago, with my sister and her boyfriend, now her husband. We were on St. Denis Street in Montreal and we ate the most amazing meal. We had a great bottle of wine and the most expensive appetizers and entrees. To this day it is one of the best meals I ever ate.

What makes this story so unusual is that my sister lived the most frugal life of anyone I knew in those days. She never spent much money on clothes. She lived a whole winter in Halifax surviving on her tips while working as a waitress. She was saving her salary for a trip to Europe. She lived very thriftily, but every once in a while she would splurge on an expensive meal. She would reward herself for her frugality. From time to time we all need a little extravagance. We need to treat ourselves and enjoy life.

I love to cook and there is nothing I enjoy more than preparing a wonderful meal with all the special fixings for my family and friends. The presentation, the extra ingredients, my own recipes, all contribute to a truly memorable occasion. I am doing this, not for myself, but to reward other people.

A biblical writer once said: "For everything there is a season and a time for every matter under heaven". In life there are times to be frugal, but also times for extravagance. We reward others in life but sometimes we need to reward ourselves too.

4) Many of us were raised in a pervasive system of rewards and punishments. Usually designed as motivation for outstanding accomplishments, daring deeds or exceptional behaviour. We learned to work toward a goal in anticipation of some token of recognition — a grade, a trophy, or even a cash award — signifying how well we'd done. Amazing how a simple black and white "A" printed in the row of boxes across from the word Science on a quarterly report card could have such meaning. Conversely if we messed up, we often knew what we could expect as a consequence, which was not always directly related to the offense.

Yet in my family of origin the emphasis was less on the reward or punishment, far more on the expectation of always doing our best, with or without a tangible prize. Dad was fond of the saying that "doing well is its own reward." One day in Grade 2 as I was working on a poster for a contest sponsored by the local eye clinic, I asked him for help. Applauding my efforts, he teased that the prize would probably be a bag of carrots. Curiously I don't recall if there even was a reward, but I can still feel the surprise and joy of learning I'd won the contest.

So theologically, it makes sense that one of my earliest and most persistent religious questions revolved around the whole concept of Heaven and Hell. How could God, the wisest of parents, expect less of humanity as a whole than my own parents expected of me. If doing well in ordinary terms was its own reward, how much more so in the larger sense of living a good life. I remember asking the Catholic priest about it in religion class one day. Why do we need Heaven? Isn't living a good life its own reward? He understood that I was not challenging a basic precept from the Baltimore Catechism so much as struggling with a philosophical dilemma. He then led our high school class in a serious discussion of the possibility of altruism. I came away with the idea that we humans may have needed from the very beginning, especially with the Genesis story, the idea of Heaven and Hell as motivation to do good and avoid evil.

As a Universalist who believes that any God worth believing in would be capable of unimaginable compassion, and never condemn anyone to eternal torture. Instead I hope for some spiritual evolution, when we will have outgrown the need for such supernatural parenting. Having learned to live in peace and mutual interdependence. Aware of the karmic power of a life lived well, to return goodness for goodness beyond measure. Whether socially or ecologically, individually or as a species, I hope someday we will know that living well to the highest ideals and our fullest potential truly is its own reward. May it someday be so!

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

GLIMPSES OF THE PAST

Fonds Armand Desrochers et Carmen Déziel
Musée d'histoire de Sherbrooke

Armand Desrochers was born November 17, 1920. From 1936 to 1940, he worked at the Paton Manufacturing Company in Sherbrooke. It was in 1940 that he joined a band: "Ti-Blanc Richard et ses joyeux copains." Through this connection he met Carmen Déziel, another musician, whom he would marry September 22, 1951. Armand and Carmen went on tour in 1954 with the name "Carmen Déziel et ses troubadours." Both artists were affiliated with the recording company RCA Victor; they recorded music and played theatres and television appearances throughout Quebec, in Ontario, and in the United States. Armand is pictured here—guitar in hand— around 1957 or 1958.

WANT TO LEARN MORE?

Contact the Archives of the Sherbrooke History Museum (Mhist) to consult the Armand Desrochers and Carmen Déziel fonds (P46).

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Kyra Simons earns prestigious provincial student-athlete leadership and community award

By Michael Boriero

Kyra Simons, a fifth year soccer player at Bishop's University, has been named this year's recipient of the Réseau du sport étudiant du Québec (RSEQ) Leadership and Community Award, becoming the third consecutive Gaiters student-athlete to claim the honour.

Simons is also the fourth Bishop's student-athlete to earn the award in the past five years. She joins Kayla Kyle, last year's recipient, Lindsay Moore, and Sarah-Kim Bergeron as winners since 2017. Former Gaiters student-athlete Samantha Juraschka won in both 2010 and 2011.

The award is given out every year based on voting from coaches within the RSEQ. Simons has been recognized for her outstanding commitment to community building, pursuing advocacy initiatives off the field, and volunteering her time to raise funds in support of Special Olympics.

"I feel like I have always sort of been this way. I think, for me, what it means to be a Bishop's Gaiters athlete is to give back and be involved and through the volunteer efforts that all athletics teams do on campus, I started to realize this was a big passion of mine," she said.

Simons is currently the chair of the university's Anti-Racism and Discrimination Committee (ARDC). She also conducted an educational seminar for over 400 Bishop's student-athletes prior to the fall semester with the goal of raising awareness and empowering the community.

And she has been heavily involved with motionball, a national not-for-profit organization introducing the next generation of donors, volunteers and sponsors to the Special Olympics movement. As one of the co-chairs in 2022, the organization managed to raise over $11,000.

She has always had a passion for helping others, Simons noted in a phone interview Thursday. And when Simons was given the opportunity to join the ARDC and motionball, she didn't hesitate to dive right in. But she never anticipated receiving an award for her volunteer work.

"It's awesome," Simons explained to The Record. "I definitely don't do any of this work for recognition, however, my efforts are validated, in a sense, appreciated, which motivates me to continue on, not so much for the recognition."

What this award shows to Simons is the community does in fact care about all of the work she has put in over the past few years. But she also acknowledged her trajectory down this path of volunteering and advocacy was born out of a season-ending ACL tear and issues with rehab.

While she was dedicated to the soccer team, training with the squad and leading her teammates from the sidelines, Simons had much more time on her hands to pursue other interests, which ultimately led her to the ARDC and motionball. But it was always on her mind.

Simons told The Record student-athletes need to find a balance, if they want to succeed in life. And, she noted, she has had unwavering support from the athletics department to pursue her off-field passions and initiatives. Bishop's athletics' leadership has often supported her ideas.

"I think it's that expectation that as an athlete you give back to the community. You use the natural leadership that you are given as an athlete. We're noticeable on campus as athletes, so we use that platform to our advantage to fight for causes we believe in," Simons explained.

According to Matt McBrine, the athletics director at Bishop's University,

COURTESY

Simons embodies the new wave, or breed, of student-athlete walking through campuses across the province. And the university prides itself in creating an athletics culture that is more than just about sports.

"If I were to think of the ideal Bishop's student-athlete, she is like the model, you know, she is involved in everything, she gives back like crazy, and really, everything she touches turns to gold. She is really an impressive young woman, and an academic all-Canadian," said McBrine.

And her compassion for others is starting to rub off on the rest of the student-athlete community, he added, as volunteer work and advocacy, for example, are becoming the norm. Everyone looks at what Simons is doing and says 'I want to do more of that,' McBrine shared.

"We're not doing this because we're looking for awards. We're truly just trying to set kids up for success, and the ones that really buy into it can do some special things, and Kyra, again, is that example," he said, adding he has noticed more student-athletes giving back to the community.

Protests

CONT'D FROM PAGE 1

wearing thin.

Barrière said there has been little to no response from the Treasury Board of Canada or Agriculture Canada. The union held three negotiations over Zoom during the pandemic, he explained, and each time the treasury showed less and less interest in the workers' issues.

"Every time we asked them for things, they said 'we will study this and come back' and they never came back with our demands, so it was never really a negotiation. We found this a really difficult negotiation, so we started gathering information and pressuring the board," he said.

Barrière noted the treasury board members present for the Zoom negotiations never bothered to turn on their cameras. The first and second meetings lasted 30 minutes. The final meeting finished after 20 minutes. It is a sign of disrespect that can no longer be tolerated, he added.

There were about 60 people at the protest on Thursday in Lennoxville, blocking the entrances to the building for nearly two hours. The union is demanding suitable wages, better working conditions, family-friendly schedules, and parity among salaries for all federal employees.

While workers were given a small increase in 2020, inflation has since skyrocketed, Barrière explained, and the cost-of-living is getting more expensive. The government seems to be prolonging the negotiation, he added, noting a strike mandate isn't off the table come January.

"We're open to continuing the negotiation, but as long as the federal treasury board arrives with a clear mandate to negotiate because right now they demanded our two priorities and I find them a bit tough and I find there is a lack of respect in the negotiation," said Barrière.

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Editorial

Editor's note: The "My Takes" that normally appear Fridays will return to this space next week.

Science matters

Reversing the catastrophic global loss of animals

By David Suzuki

In 1970, humans numbered 3.7 billion. Today, we're more than double that — eight billion! During that short time, the number of animals that also share this planet dropped by 69 per cent!

This catastrophic decline is outlined in the World Wildlife Fund's "2022 Living Planet Report," which examines the state of Earth' biological diversity based on mammal, bird, fish, reptile and amphibian population trends.

As environmentalist and author Bill McKibben writes on his site, "Over those five decades most of the decline can be traced to habitat destruction: the human desire for ever more stuff playing out daily, acre by acre, across the globe." Human-caused climate disruption will soon become the main driver, the WWF report notes.

The UN Convention on Biological Diversity adopted the WWF's Living Planet Index as "an indicator of progress towards its 2011-2020 targets" and for its "important role in monitoring progress towards the post-2020 goals and targets negotiated at COP15 this December." That's critical, because we still have time — although increasingly less — to turn things around.

The December UN Biodiversity Conference (COP15) in Montreal offers an opportunity to improve and approve a new Global Biodiversity Framework, a plan to protect and restore nature in the coming decade. But, in light of COP15 and the UN climate summit (COP27) in Egypt in November, we must recognize that climate and biodiversity are connected.

As the WWF report states, "The evidence is unequivocal — we are living through the dual crises of biodiversity loss and climate change driven by the unsustainable use of our planet's resources. Scientists are clear, unless we stop treating these emergencies as two separate issues neither problem will be addressed effectively."

Stabilizing and reversing the alarming trend will require "more conservation efforts, more sustainable production and more sustainable consumption," the report says, adding, "None of these actions alone are enough. Only when all three actions are taken together will we see the reversal of nature loss at the speed we need."

WWF shows how laws can be effective in reversing damage. It notes the UN recognized in 2021 that "everyone, everywhere has the right to live in a clean, healthy and sustainable environment," and countries that were ahead of the curve are already reaping benefits: "Costa Rica added the right to a healthy environment to its constitution in 1994. Renewables now deliver 99 per cent of its electricity; laws ban open pit mining and oil and gas development; and carbon taxes pay Indigenous Peoples and farmers to restore forests, which have since doubled in size." (Canada still doesn't recognize the right to a healthy environment in law.)

The report outlines many solutions and successful examples of reversing nature loss, from removing dams to employing nature-based infrastructure. (In his article, McKibben points to a study that found "when a couple of small and no-longer-useful dams were torn down on some New England streams, herring populations quickly rebounded from a few thousand to a few million, which doubtless did wonders for whoever eats herring too.")

Not everyone is affected equally by the twin crises. "Climate change and biodiversity loss are not only environmental issues, but economic, development, security, social, moral and ethical issues too," the WWF study says, noting that although industrialized countries are most responsible for environmental damage worldwide, developing nations are disproportionately affected by biodiversity loss. Compare the 20 per cent biodiversity decline in North America to the 94 per cent decline in Latin America and the Caribbean.

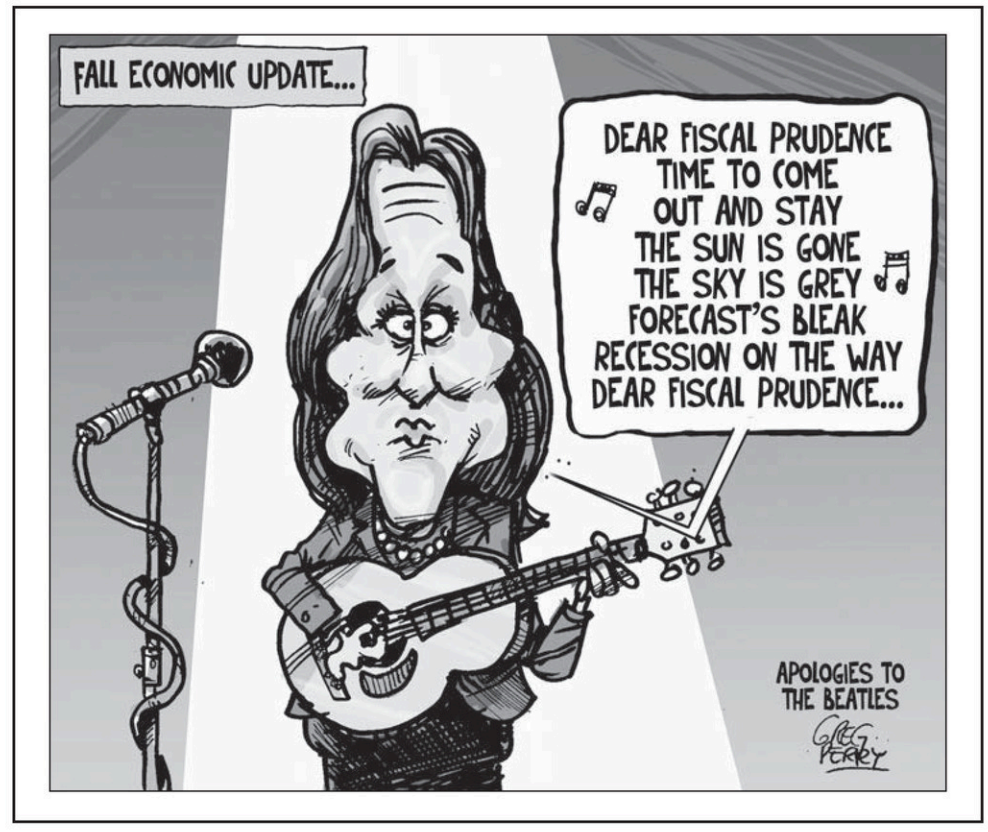
Many people have become so disconnected from nature that they find it difficult to see how losing some animals will affect them. But everything is interconnected. When ecosystems lose components, they can change drastically, even collapse. As we destroy more and more habitat, we come into closer, more frequent contact with microorganisms that can lead to pandemics. When other life starts to disappear — whether it's plants, fungi, invertebrates or vertebrates — everything we need to survive is affected, from the food web to natural systems.

Environmental organizations worldwide, including WWF, are calling on COP15 negotiators to make halting and reversing nature loss by 2030 and achieving full recovery by 2050 to be the 10-year Global Biodiversity Framework's overarching mission, and to "embrace clear, science-based targets and hold governments accountable to their commitments."

Let's all do our part.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at davidsuzuki.org.



Letters

I just learned that Domtar is now owned by Paper Excellence, a subsidiary of the Asia Pulp and Paper Corporation.

Listening to Chrystia (Freeland)'s report, we have to wonder if she really understands the situation.

The Chinese assimilation of Canadian resources is more than an embarrassment. Is this inevitable?

It is if we do not acknowledge the problem and take steps to save our floundering economy.

Surely, we are not about to go quietly into the darkness of socialist domination?

Eric Lancaster
Canton de Hatley

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

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COLUMNIST | *To many readers out there, this will sound like a very familiar tale*

ETRC ARCHIVES

The Copping family comes to Sand Hill

If you look at the Quebec census returns from 1851, the first census when each person was enumerated, to 1921, the most recent census available, you will not see a huge variation in the number of people with the Copping surname. It typically falls between 75 and 95 and does not necessarily increase from one year to the next. Even taking into account the likely misspellings or inaccurate transcriptions of the census data, it still seems safe to conclude that most Coppings in Quebec, if not all, would be able to trace their origins to George Copping and his wife, Elizabeth Saggers, and their eleven children. Originally from Hatfield, Essex County in England, the couple immigrated with their first four children in 1811, arriving in Quebec City and spending a few years there as well as in Montreal before receiving a land grant in the newly surveyed township of Rawdon, north of Montreal, in 1823.

From that point on, George and Elizabeth carved out a life for themselves in Rawdon and were heavily involved in building up the community there, including supporting the establishment of Christ Church Anglican Church and the school. However, as their children and grandchildren grew up, many began to drift away from Rawdon in search of better opportunities in the cities or for better farmland in the south of the province. To many readers out there, this will sound like a very familiar tale, except in the case of some of the Coppings, "greener pastures" ended up being the Eastern Townships, rather than the reverse of many of our ancestors who settled here first and then left the Townships for other places.

At least three of George Copping's grandsons and a great-grandson found their way to the Townships. It seems that John Alexander Copping and his wife, Sarah Alice Mason, along with his father and mother, John Copping and Nancy Marlin, were the first to arrive in the Compton area around 1899. John and Nancy settled in Johnville while John A. and Alice first settled in Compton. John was only in Johnville a bit over a year before passing away at the age of 70. John A. farmed in Compton until 1906, when he purchased a farm in Sand Hill.

That same year, after a number of years in Montreal, John A.'s cousin, Reuben Copping and his family joined him in Sand Hill. Although Sand Hill was primarily a small "post village", consisting of a post office to serve the surrounding farming community and St. Luke's Anglican Church, the Coppings became a fixture in the community. Throughout their lives, they were involved in local community organizations, church groups, and John A. in particular served as a municipal councillor for Eaton Township for decades.

They were not spared their share of sad events, however. In 1929, at the age of 61, Reuben was tragically killed when he slipped from the roller he was using in the field and his skull was crushed. John A. and Alice, having no children of their own, had taken in a British Home Child, Henry Reginald Young. The 18-year-old, well-loved by the Coppings, was poised to pursue further studies when he died suddenly, after falling off of a windmill in 1933 while trying to capture a scenic photograph.

Following Reuben's death, his son, Lawrence, took over the family farm in Sand Hill and with his wife, Leah Church, continued to contribute to their community through their involvement in church groups and other organizations, such as the Women's Institute and the Farm Radio Forum. From Rawdon to Sand Hill, the Coppings created a family legacy of volunteerism that spanned generations.

Reuben Copping and Eliza "Lizzie" Mason, probably taken at the time of their marriage in 1894. (P239 Copping-Boyce family fonds)

John and Alice Copping on the occasion of their 50th anniversary, taken in Lennoxville in 1946. (P997 ETRC Textual Records collection)

A painting of Sand Hill Pond done by Sarah Alice Mason Copping. (P239 Copping-Boyce family fonds)

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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

NOVEMBER 4 - NOVEMBER 10, 2022

Bonheur d'Uplands exhibit opening this weekend

Record Staff

The Uplands Cultural and Heritage Centre, located at 9 Speid Street in Lennoxville, is proud to present "Bonheur d'Uplands," the annual group art exhibit and sale that serves as a prelude to the winter season. This year's edition will showcase the work of nine Eastern Townships artists and artisans covering a range of different media. The public is cordially invited to meet them during the vernissage on Sunday, Nov. 6, between 2 p.m. and 4 p.m. Admission is free, and refreshments will be offered.

The list of artists showing their work at the "Bonheur" exhibit includes:

- Lucy Doheny - Pottery
- Debbie Everett - Wood Carving
- Michel Gagné - Pen and Ink
- Marcelle Genesse - Paintings on Silk
- Ginette Lefebvre, GauLe - Acrylic, Mixed Media
- Allyna Harris - Acrylic
- Julie Normand - Acrylic Paintings and Miniatures
- Sandra Picken Roberts - Historical Scenes on Slate
- Brenda Smith - Ceramic Clocks

Also happening at Uplands in November and December:

The Uplands house will be decorated for the holiday season throughout the last two months of the year, making the atmosphere particularly festive! While visiting our "Bonheur" exhibit, remember to book your seats for our Christmas concert which will take place on Dec 15 and 16, at 7:30 p.m. More information is available on our website: www.uplands.ca

The Uplands' house and exhibits are open from Thursday to Sunday, 10 a.m. to 4:30 p.m.

Sandra Picken Roberts

Ginette Lefebvre, GauLe

Allyna Harris - I Long for Your Embrace

Michel Gagné

MGenesse - 3e version

PHOTOS COURTESY

the QUBE 88.9FM

184 Queen Street, Sherbrooke (downtown Lennoxville)

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Self-care expert, Rita Garnto has tips for those seeking healthy balance

A Runner's Mind

Christine Blanchette

Rita Garnto, is a professional self-care expert, stress management educator and author of the book, Simple Self-Care Saved Me!. The North Carolina resident is back in this space to offer self-care advice from working out to coping and finding balance during the upcoming holidays. Here is our Q&A:

Q: Considering the upcoming holidays, what are some self-care tips for finding balance?

A: First of all, it needs to be SIMPLE! As we get busier with the holidays quickly approaching, slide some simple self-care things into your schedule. For example, if you don't have time for your usual 30-45 minute walk, go for a quick 10-15 minute walk to get your heart rate up. Do 10 squats on the spot without planning. Keep well hydrated. Be intentional with taking a few moments to slow down and take some deep breaths while engaging one of your senses - look out the window at the fall foliage or maybe savor the flavor of your favorite hot beverage. Stop during your busy day and do a couple stretches... examples include the ragdoll to stretch out your lower back, or quadriceps stretch, or reach up to the ceiling stretching your arms or do some gentle twists.

Q: What self-care advice do you have for those just starting an exercise program?

A: My biggest recommendation for those starting out is to start SLOW with a new exercise program to avoid injuries. Regular stretching before exercise to warm up your muscles and after to help increase flexibility is so important because as muscles get stronger, they become less flexible. Any kind of movement is so good for our bodies - joints, muscles, and mood.

Q: What are the benefits for athletes?

A: Self-care for athletes can include sliding different stretches into their daily schedules to help with muscle recovery and flexibility. Self-care does not have to be a "formal" training session and can include a flaxseed neck wrap to help loosen tight neck and upper back muscles or ice wraps to decrease joint inflammation after a particularly grueling workout. Self-care can also include massage therapy, acupuncture, and/or chiropractic care to increase athletic performance, decrease recovery time, and reduce injuries.

Q: If you took a survey, how varied would the response be to, "What does self-care mean to you?"

A: Self-care can mean so many different things to all of us. Whatever self-care you choose, it has to resonate with YOU and be something you enjoy doing or otherwise, quite frankly, you won't do it! My focus is teaching what I call "simple" self-care which is the kind of self-care that can slide into your busy schedule without having to change clothes, schedule a time, or go anywhere specific. One of the biggest benefits of any kind of self-care is it reduces your stress level. It only takes 30 seconds of deep breathing to start calming your nervous system and allowing your body to relax.

Q: How often should you practice self-care?

A: I think self-care should be done daily and several times a day. Some of the simple self-care I do on a daily basis includes

1. Getting out of bed the "right" way to reduce strain on my neck & back,
2. Stretching while I brush my teeth,
3. Using a heated flaxseed neck warmer when I have a headache and/or tension in my shoulders,
4. Stretching at random times during the day,
5. Journalling,
6. Being intentional with taking deep breathing breaks, and
7. How about a dance-party-for-one!

For more information about the book check out: https://www.simpleselfcare.net/

Your week on TV

WEEKDAY MORNING

	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
WCAX 3	-	-		Channel 3 News Morning		CBS Mornings				Rachael Ray		Sherri		The Price Is Right	
WPTZ 5	-	-		NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna	
CBMT 6	206	301		Daybreak		Mighty	(:17) PJ Masks	(:07) Big Blue	Rusty Rivets	Molly of Denali	(:19) Glowbies	Paddington	True-Rainbow	When Calls the Heart	
CHLT 7	107	718	F	Salut bonjour (N) (SC)								(9:59) Station potluck (N)		Le tricheur	Mario Dumont
			M									(9:59) Marie-Claude (N) (SC)			
			T												
			W												
			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	
CKSH 9	108	-		Théo le loup	L'île Kilucru	Axel	Agent Binky	Paf le chien	Mehdi et Val	Le national	On va se le	Varied Programs		Ricardo	5 chefs dans
CKMI 11	-	-		Global News Morning						The Morning Show		Property Brothers: Buying		Rachael Ray	
CFCF 12	205	312		CTV Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				D. Barrymore	D. Barrymore	Varied Programs		The View	
WUTV 30	-	-		Varied Programs		The National Desk		The National Desk		The 700 Club		Judge Mathis		iCRIME	iCRIME
CFKS 31	106	726	F	Noovo Le Fil	Noovo Le Fil	Noovo Le Fil	Sports 30 (N)	Souper parfait	Ça c'est drôle!	La semaine des 4 Julie		(:01) "Coup de foudre avant l'heure" (2017) Emily Rose. (SC)			
			M	Noovo Le Fil (SC)		Sports 30 (N)				Ça c'est drôle!	Ça c'est drôle!	"Marlowe: chien policier" (2008, Enfants) Billy Unger. (SC)			
			T	Noovo Le Fil	Noovo Le Fil	Noovo Le Fil			Occupation	La semaine des 4 Julie		(:01) "Un coeur à louer" (2022) Rebecca Liddiard. (SC)			
			W						Ça c'est drôle!			(:01) "La force de l'espoir" (2013) David Henrie. (SC)			
			Th									(:01) "Une romance sans fin" (2019, Comédie) Jen Lilley. (SC)			
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		Sherri		Karamo	
WETK	-	-		Classical	World News	Molly of Denali	Wild Kratts	Elementary	Alma's Way	Curious	Daniel Tiger	Rosie's Rules	Donkey Hodie	Sesame Street	Pinkalicious
WCFE	-	-		Nature Cat	Odd Squad	Xavier Riddle	Arthur	Molly of Denali	Wild Kratts	Elementary	Alma's Way	Curious	Daniel Tiger	Rosie's Rules	Donkey Hodie
A&E	615	520		Jeremiah	Joni: Table Tal	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Varied Programs			
CNN	500	500		(5:59) CNN This Morning		CNN This Morning		CNN This Morning		CNN Newsroom		CNN Newsroom		At This Hour-Kate	
DISC	520	505	F	Mayday CC (DVS)		Highway Thru Hell		Highway Thru Hell		Bones CC		Bones "The Graft in the Girl"		CSI: NY "Shop Till You Drop"	
			M												
			T												
			W											CSI: New York CC	
			Th											CSI: NY "Identity Crisis" CC	
DRAMA	620	523	F	"Christmas in Angel Falls" (2017, Drama) Rachel Boston.				Flashpoint "Scorpio"		"Christmas in Angel Falls" (2017, Drama) Rachel Boston.				Flashpoint "Scorpio"	
			M	"Christmas Encore" (2017) Maggie Lawson, Brennan Elliott.						"Christmas Encore" (2017) Maggie Lawson. CC (DVS)					
			T	"A Christmas Star" (2021) Sara Canning. CC (DVS)						"A Christmas Star" (2021) Sara Canning. CC (DVS)					
			W	"A Perfect Christmas" (2016) Susie Abromeit. CC (DVS)						"A Perfect Christmas" (2016) Susie Abromeit. CC (DVS)					
			Th	"A Rose for Christmas" (2016) Rachel Boston. CC (DVS)						"A Rose for Christmas" (2016) Rachel Boston. CC (DVS)					
HIST	522	506		Backroad Truckers		Rust Valley Restorers		Restoration Garage		Backroad Truckers		Rust Valley Restorers		Border Sec.	Border Sec.
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
RDI	126	730		D'abord l'info		D'abord l'info		D'abord l'info		Le national	L'info maintenant				
SHOW	616	521		Lost Girl		Varied Programs									
SLICE	601	562		ET Canada	Say Yes-Dress	Love It or List It		Varied Programs				King	King	Varied Programs	
TLC	521	560		The Jennifer Hudson Show		Varied Programs									
TSN	400	400	F	SportsCentre	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre	Pan Continental Ch.	
			M										SportsCentre CC		SportsCentre
			T												
			W												
			Th												
YOUTH	551	542		Sidekick	Numb Chucks	Squirrel	SpongeBob	SpongeBob	Loud House	Go Away Uni	Squirrel	Sidekick	Nerds	Numb Chucks	Cloudy, Meat

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Channel 3	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		Channel 3 News at Four		Channel 3	News at 5:30p
WPTZ 5	-	-	NBC5 News	Daily Blast	NBC News Daily		The Jennifer Hudson Show		Dr. Phil		The Kelly Clarkson Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Escape to the Country		Family Feud	Convenience	Republic of Doyle		Call the Midwife		Nadiya's Fo	Nadiya's Fo
CHLT 7	107	718	(11:58) TVA nouvelles		Movie				TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	WMTW News 8 at Noon		GMA3-Need to Know		General Hospital		The Jennifer Hudson Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	- F	Téléjournal	Silence	La semaine verte (SC)		Inspecteur Barnaby Un agent immobilier est assassiné. (SC)				Savourer (N) (SC)		Les Bienvenu..	Silence
		- M			Savourer (SC)		Les contes d'Avonlea (SC)		Candice Renoir (DVS) (SC)		On va se le dire (N) (SC)			
		- T			Enquête (SC)									
		- W			Pharmachien	Vies de chiens								
		- Th			L'épicerie	La facture								
CKMI 11	-	-	Global News	ET Canada	Karamo		The Talk		D. Barrymore	D. Barrymore	Save My Reno	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social		Dr. Phil		Bob-Abishola	Sheldon	Big Bang	Big Bang	CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	GMA3-Need to Know		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The People's Court		Family Feud	Family Feud	Bet Your Life	Family Feud
CFKS 31	106	726	Castle		Médium		Movie				Les Simpson	Les déba	(4:58) Noovo Le Fil 17	
WUHF	-	363	The Steve Wilkos Show		Maury		Christmas	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Dinosaur Train	Elinor	Sesame Street	Rosie's Rules	Odd Squad	Varied Programs						World News
WCFE	-	- F	Sesame Street	Pinkalicious	Dia de los Muertos		In Concert at the Hollywood		Nature (DVS)		NOVA "Nazca Desert Mystery"		Secrets of the Dead	
		- M			NOVA "Nazca Desert Mystery"		Nature (DVS)		Antiques Roadshow		Old House	This Old H'se	New York Now	Mountain Lake
		- T			NY Suffrage	Women and the	Vote	Perfect 36	The Story of China With Michael		Wood		Margaret: The Rebel Princess	
		- W			Secrets of the Dead		Misty-Ho Chi Minh Trail		Finding Your Roots		Legacy List With Matt Paxton		Her War, Her Story: World	
		- Th			Her War, Her Story: World		Soldier On: Life After		Death in Paradise		Midsomer Murders		Call the Midwife	
A&E	615	520	Varied Programs								The First 48	Var. Programs	The First 48	Var. Programs
CNN	500	500	Inside Politics With John King		CNN Newsroom-Ana Cabrera		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	CSI: NY "To What End?"		Bones		Bones "The Graft in the Girl"		CSI: NY "Shop Till You Drop"		CSI: NY "To What End?"		Highway Thru Hell	
		M												
		T												
		W							CSI: New York					
		Th							CSI: NY "Identity Crisis"					
DRAMA	620	523	Movie				Flashpoint		Varied Programs					
HIST	522	506 F	America's Book of Secrets: Special "Top Secret Operations"				The UnXplained (DVS)		The UnXplained (DVS)		Big Timber "Live to Win"		Proof-There	Proof-There
		506 M	NCIS: Los Angeles		American Pickers		American Pickers		American Pickers		American Pickers		NCIS: Los Angeles	
		506 T			Pawn Stars		Pawn Stars (DVS)		Pawn Stars "Pawnfellas"		Pawn Stars (DVS)			
		506 W			Forged in Fire		Forged in Fire "Family Edition"		Forged in Fire "Arctic Forge"		Forged in Fire			
		506 Th			Cars That Made The Wor		Cars That Made The Wor		FBI: Most Wanted "The Line"		FBI: Most Wanted			
PARMT	628	584	Bar Rescue		Bar Rescue		Varied Programs							
RDI	126	730	Téléjournal	Mordus de politique		Var. Programs	L'info maintenant					Isabelle Richer	En direct avec Patrice Roy	
SHOW	616	521 F	Rookie Blue "A Little Faith"		NCIS "Shiva" (DVS)		NCIS "Hit and Run"		FBI: Most Wanted		FBI "Pilot" (DVS)		NCIS "Shiva" (DVS)	
		521 M	Beauty and the Beast		Magnum P.I.		FBI "Crossfire" (DVS)		FBI "Family Man"		NCIS "Canary" (DVS)			
		521 T	Private Eyes (DVS)											
		521 W	"A Mother on the Edge"											
		521 Th	Rookie Blue "Girls' Night Out"											
SLICE	601	562	Varied Programs		Gut Job		Varied Programs						King	King
TLC	521	560	Varied Programs											
TSN	400	400	SportsCentre	SportsCentre		Var. Programs	This Just In		NBA Today		NFL Live		Around/Horn	Interruption
YOUTH	551	542	SpongeBob	Loud House	Movie				Var. Programs	SpongeBob	SpongeBob	Loud House	Loud House	SpongeBob

FRIDAY EVENING — NOVEMBER 4, 2022

	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)	S.W.A.T. "Unraveling" Powell ignores orders in the field.		Fire Country A vegetation fire gets complicated. (N)		Blue Bloods "Homefront" Eddie defies a direct order.		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Lopez vs. Lopez "Pilot"	Young Rock (DVS)	Dateline NBC "Dark Waters" (N)				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Coronation Street (N)	Marketplace (N)	Travel Man: 48 Hours in...	The Passionate Eye "Seeds of Deceit" (N) (DVS)		The National (N)		CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street (N)
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)		Le monde à l'envers (N) (SC)			J.E. (N) (SC)	TVA nouvelles (N)	(:35) Du talent à revendre (N) (SC)		(:35) ★★ "Tag" (2018, Comédie) Ed Helms. (DVS) (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Black Panther: In Search of Wakanda		(:01) 20/20 (N)				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Ça commence	Au suivant Du trafic sur la chaise du champion. (N)		Prière de ne pas envoyer de fleurs "Ève Landry" (N)		Galas ComediHa! 2022 L'univers des rencontres. (N)		Le téléjournal (N) (SC)		(:08) Le téléjournal Estrie	Ça commence	(12:06) "Pour vivre ici" (SC)
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	S.W.A.T. "Unraveling" Powell ignores orders in the field.		Fire Country A vegetation fire gets complicated. (N)		Crime Beat A chance encounter interrupts a trip. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live)		etalk (N)	The Big Bang Theory	The Big Bang Theory	The Big Bang Theory	CTV News Special: Expelled: My Roots in Uganda		Blue Bloods "Homefront" Eddie defies a direct order.		CTV National News	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Black Panther: In Search of Wakanda		(:01) 20/20 (N)				Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	WWE Friday Night SmackDown (N) (Live)				Fox 29 News at 10 (N)		Seinfeld "The Dinner Party"	Two and a Half Men	Two and a Half Men
CFKS 31	106	726	Souper parfait	Occupation Double	Ça c'est drôle! (N)	Syndics (N) (DVS) (SC)	Les justiciers (N) (DVS) (SC)		NCIS: Los Angeles Kensi est attaquée par une milice. (N)		Noovo Le Fil 22 (N) (SC)	Club Soly (DVS) (SC)	Occupation Double	★★★ "Le pianiste" (2002) Adrien Brody. (DVS) (SC)	
WUHF	-	363	Modern Family "Grab It"	Young Sheldon	The Big Bang Theory	The Big Bang Theory	WWE Friday Night SmackDown (N) (Live)				13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME With Elizabeth	The Simpsons	Need a Medicare Plan?
WETK	-	-	PBS NewsHour (N)		BBC World News Today	Vermont This Week (N)	Washington Week (N)	'60s Pop, Rock & Soul (My Music Presents) Artists and groups from the 1960s.				Festive Europe	Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Great Performances "NY Phil Reopening of David Geffen Hall" New York Philharmonic performs. (N)				BBC World News	Amanpour and Company (N)	
A&E	615	520	The First 48 A deaf man is stabbed in his doorway.		The First 48 A young father is murdered in his car.		The First 48 A Tulsa, Okla., man is shot and killed. (N)		The First 48 A homeless man is gunned down.		(:01) The First 48 "M.I.A." A welder goes missing.		(:04) The First 48 Two men are ambushed at gunpoint.		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		Cooper 360
DISC	520	505	Highway Thru Hell "All Nighter" (DVS)		Mayday A crash leads to a valuable discovery.		Aussie Gold Hunters (DVS)		Outback Opal Hunters A bad storm devastates the mines.		Roadworthy Rescues "Bandit Chevy" (N)		Homestead Rescue The Raney family shelters in place.		Homestead Rescue
DRAMA	620	523	Chicago P.D. A killer targets the police department.		Chicago P.D. Severide's car is linked to a crash.		Chicago P.D. "Don't Read the News" (DVS)		Chicago P.D. A sex offender is found mutilated.		Chicago P.D. A body leads to a college drug ring.		Chicago P.D. A dead teen in an athlete's home.		Chicago P.D. (DVS)
HIST	522	506	The Proof Is Out There "Bigfoot Revealed"		The UnXplained Legends of a massive, hairy creature.		The UnXplained Examining the existence of curses.		Ancient Aliens Hidden realms under the Earth. (N)		Ancient Aliens Irish fairy tales and ancient aliens.		The Secret of Skinwalker Ranch "Closer Encounters"		Ancient Aliens
PARMT	628	584	Catch a Contractor A busted contractor is back at it again.		Catch a Contractor "Worse Than a Warzone"		Catch a Contractor		Catch a Contractor "Take the Money and Done"		Catch a Contractor A young couple's yard left ruined.		Catch a Contractor A family's torn-up backyard.		Catch a Contractor
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS The team investigates a car accident. (DVS)		FBI: Most Wanted Jubal enlists the help of Jess.		FBI "Pilot" FBI agents investigate an explosion.		★★ "Cowboys & Aliens" (2011, Science Fiction) Daniel Craig, Harrison Ford, Olivia Wilde. Extraterrestrials attack a 19th-century Arizona town. (DVS)						★★★ "District 9" (2009)
SLICE	601	562	The King of Queens	The King of Queens	Below Deck Mediterranean "The Fall Guy"		Winter House Tom Schwartz and Tom Sandoval arrive.		The Real Housewives of Cheshire (N)		Married at First Sight "No Hug for You" The wives and husbands go on a retreat. (N) (DVS)				The Real
TLC	521	560	90 Day Fiancé: Happily Ever After?		90 Day Fiancé: Happily Ever After?		90 Day Fiancé: Happily Ever After? "More to Love: Just Give Me a Reason" With bonus scenes. (N)				90 Day Fiancé: Happily Ever After? First look. (N)		90 Day: The Single Life	After the 90 Days	90 Day Fiancé
TSN	400	400	SportsCentre (N) (Live)		That's Hockey (N)	Canada at '86 World Cup	SC (N)	Top 50 Curling Shots	2022 Pan Continental Curling Championships Women's Draw: South Korea vs Canada. From Markin MacPhail Centre in Calgary, Alberta. (N) (Live)						SC
YOUTH	551	542	Next Step	SpongeBob	★★★ "Captain Underpants: The First Epic Movie" (2017)				SpongeBob	Danger Force	Next Step	Star Falls	Degrassi	Degrassi	6teen

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Your week on TV

SATURDAY DAYTIME — NOVEMBER 5, 2022

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	**CBS Saturday Morning** (N) 🎧 CC				**Lucky Dog** "MIA" (N)	**Innovation Nation**	**Mission Unstop**	**College Football** Air Force vs Army. (N) 🎧 (Live) CC							**College Football**	**College Football**
WPTZ 5	-	-	**Teen Kids News** (N)	**Ocean Mysteries**	**Roots Less**	**The Voyager**	**Earth Odyssey**	**Wild Child** (N) 🎧 (EI)	**Globetrotters**	**One Team**	**Gymnastics** FIG World Artistic Championships. (Taped) 🎧 CC			**Premier League Soccer** Everton vs Leicester City. (N) 🎧 (Live) CC				**Breeders' Cup**
CBMT 6	206	301	**(:07) Big Blue** 🎧	**(:46) Molly of Denali**	**Dino Ranch** 🎧	**Mighty Express** 🎧	**Kingdom Force** 🎧	**True-Rainbow**	**Bravest Knight**	**(:25) Dot** 🎧	**Our Montreal** CC (DVS)		**World Rugby Sevens Series** Hong Kong. 🎧		**Swimming** FINA World Cup - Toronto. From Toronto. (N Same-day Tape) 🎧 CC			
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Refuge animal**	**Dave Morissette: les**	**L'académie**	**TVA Nouvelles** (N)	**180** (N) (SC)	**Infopublicité** (SC)	**(:45) ★★ "Méchant menteur"** (2011) Adam Sandler, Nicole Kidman. Un docteur demande l'aide de son assistante. (SC)				
WMTW 8	-	-	**Good Morning America** (N) 🎧 CC		**Good Morning America** (N) 🎧 CC		**Wildlife Nation**	**oh baby!** (N) CC	**Hearts of Heroes** (N)	**Vets Saving Pets**	**College Football** Ohio State at Northwestern. (N) 🎧 (Live) CC						**Coll. Football**	**College Football**
CKSH 9	108	-	**Le village enchanté**	**Sous les mers**	**Le pire du pire**	**Défense d'entrer!**	**Les Bienvenu..**	**L'effet secondaire**	**Ricardo** (SC)	**5 chefs dans**	**Téléjournal**	**La facture** (SC)	**Enquête** (SC)		**Les enquêtes de Murdoch** 🎧 (DVS) (SC)		**Les enquêtes de Véra** 🎧 (SC)	
CKMI 11	-	-	**Fish'n Canada**	**Instill the Catch**	**Paid Program**	**Fishful Thinking**	**Fish TV**	**Paid Program**	**Paid Program**	**Paid Program**	**Save My Reno**	**Entertainment Tonight** (N) 🎧 CC		**"V.C. Andrews' Hidden Jewel"** (2021, Drama) Jennifer Laporte, Evan Roderick.				**Scott's Vacation**
CFCF 12	205	312	**CTV Your Morning Weekend** (N) 🎧 CC		**Operation Smile** 🎧 CC		**Paid Program**	**Paid Program**	**Written Canada**	**Moneytalk** (N) CC	**How It's Made** 🎧	**Mary Makes It**	**★★★ "Harry Potter and the Prisoner of Azkaban"** (2004) Daniel Radcliffe. The young wizard confronts the fugitive Sirius Black. 🎧 CC					
WVNY 22	-	-	**Good Morning America** (N) 🎧 CC		**Good Morning America** (N) 🎧 CC		**Under Eye Bags?**	**Never Fear**	**Grow Your Hair Back!**		**College Football** Ohio State at Northwestern. (N) 🎧 (Live) CC						**Coll. Football**	**College Football**
WUTV 30	-	-	**Humana Medicare Advantage Plans**		**Humana Medicare**	**More Hair**	**Big Noon Kickoff** (N) 🎧 (Live) CC				**College Football** Texas Tech at TCU. (N) 🎧 (Live) CC							**MLS Pre-Match**
CFKS 31	106	726	**D'historique à magnifique** (SC)		**Noovo Le Fil week-end** (N) (SC)		**RPM** Luc-Olivier Chamberland. (SC)		**RPM plus** Un véhicule d'occasion. (SC)		**Infopublicité** (SC)	**Infopublicité** (SC)	**Occupation Double Martinique** (DVS) (SC)			**(:33) "L'amour éclair"** (2014, Comédie) Jon Cryer, Will Sasso. (SC)		
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Second Chance**	**Xploration DIY Sci**	**Big Noon Kickoff** (N) 🎧 (Live) CC				**College Football** Texas Tech at TCU. (N) 🎧 (Live) CC							**MLS Pre-Match**
WETK	-	-	**(7:00) Dr. Fuhrman's End Dieting Forever!**		**Outdoor Journal**	**MotorWeek** (N)	**Samantha Br**	**Greener World**	**Moveable Feast**	**Mexican Table**	**Test Kitchen**	**Cook's Country**	**Craft-Legacy**	**This Old House** 🎧	**Ask This Old House**	**Antiques Roadshow** 🎧 (Part 1 of 2) CC		**Memory Rescue**
WCFE	-	-	**Hero Elementary**	**Alma's Way**	**To Be Announced**	**Daniel Tiger**	**Weekend-Yank**	**Greener World**	**This Old House** 🎧	**Ask This Old House**	**Kimball's Milk Street**	**Sara's Weeknight**	**Mexican Table**	**Jacques Pépin**	**My Greek Table**	**Cook's Country**	**Test Kitchen**	**The Migrant**
A&E	615	520	**Zombie House Flipping** "Florene" CC		**Zombie House Flipping** "Bumby" CC		**Zombie House Flipping** "Emerywood" 🎧		**Zombie House Flipping** "Orangewood"		**Zombie House Flipping** "Pecos" CC		**★★ "The A-Team"** (2010) Liam Neeson, Bradley Cooper. Former Special Forces soldiers form a rogue unit. 🎧 CC					**"Intelligence"**
CNN	500	500	**CNN This Morning**		**Smerconish** (N) CC		**CNN Newsroom** (N)		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Mayday** Germanwings Flight 9525.		**Mayday** Garuda Indonesia Flight 421.		**Mayday** Flight AirAsia 8501. CC (DVS)		**Mayday** National Airlines Flight 102.		**Mayday** "Killer Attitude" CC (DVS)		**Mayday** "Deadly Myth" CC (DVS)		**North Woods Law** "Hit and Run"		**North Woods Law** "Triple Threat"	
DRAMA	620	523	**Fear Thy Neighbor** "Burn Neighbor, Burn"		**Bones** Human remains are found in chocolate.		**Bones** A melted human carcass is found. 🎧		**Bones** A brilliant surgeon is found dead. 🎧		**Bones** A body is found in a socialite's home.		**Bones** A murderer is killed by a sniper. 🎧		**Bones** Human remains are found in chocolate.		**Bones** A melted human carcass is found. 🎧	
HIST	522	506	**Paid Program** 🎧	**Paid Program** 🎧	**Big Timber** "Live to Win" 🎧 CC		**Rust Valley Restorers** 🎧 CC (DVS)		**American Pickers** "Mystery Picks" 🎧		**Pawn Stars** A rare pair of Pumas from 1968.		**Forged in Fire** 🎧 CC		**Forged in Fire** "Baby Boomer vs Gen Z" 🎧		**Pawn Stars** "Pawn Stars & Rock Stars"	
PARMT	628	584	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Yellowstone** "Daybreak" A ranch owner defends his land. CC				**(:04) Yellowstone** "Kill the Messenger" CC		**(:14) Yellowstone** The Duttons deal with an anniversary. CC			**(:21) Yellowstone**
RDI	126	730	**D'abord l'info** (N) (SC)		**D'abord l'info** (N) (SC)		**L'info maintenant**	**L'info maintenant**	**L'info maintenant**	**Les décrypteurs**	**Téléjournal**	**Téléjournal**	**Le national**	**L'info maintenant**	**L'info maintenant**	**L'info maintenant**	**L'info maintenant**	**L'info maintenant**
SHOW	616	521	**(7:30) ★★★ "Barney's Version"** (2010) Paul Giamatti. A TV producer has a long and colorful life. 🎧 CC (DVS)				**★★ "Captive State"** (2019) John Goodman. Chicago residents rebel against extraterrestrial occupation. 🎧						**★★ "Cowboys & Aliens"** (2011) Daniel Craig, Harrison Ford. Extraterrestrials attack a 19th-century Arizona town. 🎧 CC (DVS)					
SLICE	601	562	**Paid Program** 🎧	**Paid Program** 🎧	**Paid Program** 🎧	**Paid Program** 🎧	**★★★ "Definitely, Maybe"** (2008) Ryan Reynolds. A man's young daughter asks him about his romantic past. 🎧					**★★★ "Erin Brockovich"** (2000) Julia Roberts, Albert Finney. A woman probes a power company cover-up over poisoned water. 🎧 CC (DVS)						**"Definitely, Maybe"**
TLC	521	560	**Half-Ton Killer: Transformed** 🎧		**My 600-Lb. Life** "Marla's Story" 🎧		**My 600-Lb. Life** "Kirsten's Story" Kirsten is close to losing all mobility. 🎧				**I Am Shauna Rae** "In the Hot Seat" 🎧		**Little People, Big World** CC (DVS)		**Little People, Big World** CC (DVS)		**Little People, Big World** CC (DVS)	
TSN	400	400	**SportsCentre** CC		**SportsCentre** CC		**SportsCentre** CC		**2022 Pan Continental Curling Championships** Men's Semifinal: Teams TBA. (N) (Live) CC						**SC** CC	**Top 50 Curling**	**Pan Continental Curling Champ.**	
YOUTH	551	542	**Sponge.**	**Sponge.**	**LEGO City**	**Casagran**	**Patrick**	**Mighty 1s**	**Dragons**	**Jurassic**	**"Captain Underpants: The First Epic Movie"**				**Monster**	**Best**	**Sponge.**	**Sponge.**

SATURDAY EVENING — NOVEMBER 5, 2022

	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	-	-	**(3:30) College Football** Tennessee at Georgia. (N) 🎧 (Live) CC						**Channel 3 News**	**Investigate TV**	**East New York** "The Small Things" CC		**48 Hours** (N) 🎧 CC		**48 Hours** (N) 🎧 CC		**Channel 3 News**	**Patriots All Access**	
WPTZ 5	-	-	**(3:30) 2022 Breeders' Cup Classic** From Keeneland Race Course in Lexington, Ky. (N)				**NBC5 News at 6**	**Nightly News**	**Jeopardy!** 🎧 CC	**College Football** Clemson at Notre Dame. (N) (Live)							**NBC5 News**	**(:29) Saturday Night Live** (N) CC	
CBMT 6	206	301	**Gymnastics** FIG World Artistic Championships. (N Same-day Tape) 🎧 CC				**CBC Montreal**	**Hockey Night**	**NHL Hockey** Boston Bruins at Toronto Maple Leafs. From Scotiabank Arena in Toronto. (N) 🎧 (Live) CC						**NHL Hockey** Nashville Predators at Vancouver Canucks. (N) 🎧 (Live) CC				
CHLT 7	107	718	**(:06) ★★ "Plan de vol"** (2005, Suspense) Jodie Foster, Peter Sarsgaard. (DVS) (SC)				**TVA Nouvelles** (N)	**★★ "Jumanji: le prochain niveau"** (2019, Aventures) Dwayne Johnson, Kevin Hart, Jack Black. Premiere. (SC)					**(8:54) ★★ "L'ultime assaut"** (2019) Gerard Butler. Mike Banning est à son tour la cible d'une attaque terroriste.					**(:23) TVA Nouvelles**	**(11:53) "Joker"**
WMTW 8	-	-	**(3:30) College Football** Penn State at Indiana. From Memorial Stadium in Bloomington, Ind. (N) 🎧 (Live) CC					**Coll. Football**	**Coll. Football**	**College Football** Florida State at Miami. (N) 🎧 (Live) CC							**WMTW News 8**	**The Good Doctor** "Apple" 🎧 CC	
CKSH 9	108	-	**(3:00) Les enquêtes de Véra** 🎧 (SC)		**La semaine verte** (N) (SC)		**TJ Estrie**	**La petite vie**	**En direct de l'univers** (N) (SC)		**Le tour du monde en quatre-vingts jours**		**L'autre midi à la table d'à côté**		**Le téléjournal**	**Doc humanité** "Le monde de Gilles" (N)	**(:29) Dre Grey, leçons d'anatomie** (N) 🎧	
CKMI 11	-	-	**Scott's Vacation**	**Sarah's Mountain Escape** "More Cowbell"		**Carnival Eats**	**Global News at 6**	**Global National**	**The New Reality** (N)	**Border Security**	**Private Eyes** "The Conroy Curse"		**Ransom** Eric uncovers a terrorist plot. 🎧		**48 Hours** (N) 🎧 CC		**Global News**	**(:29) Saturday Night Live** (N) CC	
CFCF 12	205	312	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**CTV News Montreal** (N) 🎧 (Live) CC		**W5** Investigating the real Tiger Kings. (N)		**★★★ "Avengers: Age of Ultron"** (2015) Robert Downey Jr. The Avengers reassemble to battle a technological villain. 🎧 CC (DVS)						**News-Rinaldo**	**CTV News Montreal**	**Big Bang Theory**
WVNY 22	-	-	**(3:30) College Football** Penn State at Indiana. From Memorial Stadium in Bloomington, Ind. (N) 🎧 (Live) CC					**Coll. Football**	**Coll. Football**	**College Football** Florida State at Miami. (N) 🎧 (Live) CC							**Local 22 News** (N)	**Weather Gone Viral**	
WUTV 30	-	-	**2022 MLS Cup** Philadelphia Union at Los Angeles FC. (N) 🎧 (Live) CC					**2022 World Series Pregame** (N) 🎧 (Live) CC			**2022 World Series** Philadelphia Phillies at Houston Astros. (N) 🎧 (Live) CC						**Beat Shazam** 🎧 CC (DVS)		**Hall & Oates**
CFKS 31	106	726	**"L'amour éclair"**	**(:31) ★★ "Bataille à Seattle"** (2007) André Benjamin, Woody Harrelson. (SC)				**★★ "Gants d'acier"** (2011) Hugh Jackman. Un promoteur de boxe et son fils construisent un robot pugiliste.					**★★★ "World War Z"** (2013, Horreur) Brad Pitt. Gerry Lane tente d'endiguer une pandémie mondiale. (SC)						**★★ "Meurtre en équation"** (2002) (SC)	
WUHF	-	363	**2022 MLS Cup** Philadelphia Union at Los Angeles FC. (N) 🎧 (Live) CC					**2022 World Series Pregame** (N) 🎧 (Live) CC			**2022 World Series** Philadelphia Phillies at Houston Astros. (N) 🎧 (Live) CC						**News at 10**	**Big Bang Theory**	**Beat Shazam** 🎧
WETK	-	-	**(3:30) Memory Rescue With Daniel Amen, MD** 🎧 CC			**PBS News Weekend**	**As Time Goes By**	**Keep-Appear**	**Still Open All Hours**	**My Hero** 🎧 CC	**Father Brown** "The Wayward Girls" CC		**Death in Paradise** "Christmas 2021"		**The Seaside Hotel** "Episode 5"		**Austin City Limits** Lyle Lovett performs.		**Front Row Boston** 🎧
WCFE	-	-	**To Be Announced**		**Seeing Canada**	**R. Steves' Europe**	**Soundscapes**	**PBS News Weekend**	**Mountain Lake**	**New York Now**	**Midsomer Murders** "Master Class" CC		**Magpie Murders on Masterpiece** The plot in Alan's last novel unfolds. 🎧 CC				**Austin City Limits** Lyle Lovett performs.		**To Be Announced**
A&E	615	520	**(3:30) ★★ "Central Intelligence"** (2016, Action) Dwayne Johnson, Kevin Hart. 🎧 CC				**The First 48** "Ditched; Misstep" 🎧 CC		**The First 48** "Chat Trap" 🎧 CC		**The First 48** "1,000 Cuts; Draw" 🎧 CC		**The First 48: Mind Over Murder** (N) 🎧		**Killer Cases** "Murder in Broward County"		**The First 48** "Easy Mark" 🎧 CC		**The First 48** CC
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Special Report**		**CNN Special Report** CC				**Anthony**
DISC	520	505	**North Woods Law** "Decoy Detail"		**North Woods Law** A bear cub is orphaned.		**North Woods Law** "Dawn Patrol"		**North Woods Law** "Winter Is Coming"		**Street Outlaws: No Prep Kings**		**Street Outlaws: No Prep Kings** "Weather or Not" Racers struggle with unusual weather. (N) (Part 1 of 2) CC (DVS)						**North Woods**
DRAMA	620	523	**Bones** A brilliant surgeon is found dead.		**Bones** "The Body in the Bag" 🎧		**Bones** A murderer is killed by a sniper. 🎧		**East New York** "Going Commando" 🎧		**The Killer in My Family** "Steve Wright" 🎧		**The Killer in My Family** 🎧		**Bones** "The Babe in the Bar" 🎧		**Bones** A melted human carcass is found.		**Bones** 🎧
HIST	522	506	**American Pickers** "Mystery Picks" 🎧		**American Pickers** "Back Road Buys"		**Kings of Pain** "Arachnophobia" 🎧 CC		**FBI: Most Wanted** "Deconflict" 🎧		**FBI: Most Wanted** "Anonymous" 🎧		**S.W.A.T.** "Pride" 🎧 CC		**S.W.A.T.** "Jack" 🎧 CC		**S.W.A.T.** A hunt for an escaped convict.		**S.W.A.T.** "Pride"
PARMT	628	584	**(3:21) Yellowstone**	**(:21) Yellowstone** "Coming Home"		**Yellowstone** "The Remembering" CC		**Yellowstone** "A Monster Is Among Us"		**Yellowstone** The heat turns up on Rip.		**(:28) Yellowstone** (Part 2 of 2) CC		**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**
RDI	126	730	**L'info**	**L'info**	**Le téléjournal**	**L'épicerie** (N) (SC)	**Le téléjournal**	**Découverte** (N) (SC)		**(:31) Le national**	**Police avant**	**Police avant**	**Le téléjournal**	**La facture** (N) (SC)	**Le téléjournal**	**Le national** (N)	**Le national** (N)	**Journal France 2**	**Le téléjournal**
SHOW	616	521	**★★★ "District 9"** (2009) Sharlto Copley. South Africa assigns a restricted area for extraterrestrial refugees. 🎧					**★★ "Captive State"** (2019) John Goodman. Chicago residents rebel against extraterrestrial occupation. 🎧					**★★ "Green Lantern"** (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. 🎧 CC (DVS)					**★★★ "Superman Returns"** (2006) 🎧	
SLICE	601	562	**(3:30) ★★★ "Definitely, Maybe"** (2008) Ryan Reynolds, Isla Fisher. 🎧 CC (DVS)				**★★★ "Erin Brockovich"** (2000) Julia Roberts. A woman probes a power company cover-up over poisoned water. 🎧 CC (DVS)						**★★★ "Scott Pilgrim vs. the World"** (2010) Michael Cera. A slacker contends with his new girlfriend's exes.					**★★★ "Definitely, Maybe"** (2008) 🎧	
TLC	521	560	**Little People, Big World** 🎧 CC		**90 Day: The Single Life** 🎧 CC		**90 Day: The Single Life** 🎧 CC		**90 Day: The Single Life** 🎧 CC		**Sister Wives** With bonus scenes. (N) 🎧		**Sister Wives** With bonus scenes. (N) 🎧		**Sister Wives** With bonus scenes. (N) 🎧		**Sister Wives** With bonus scenes. (N) 🎧		**Sister Wives** 🎧
TSN	400	400	**(3:00) 2022 Pan Continental Curling Championships** Women's Semifinal: Teams TBA. (N)				**NASCAR Xfinity Racing Series** NASCAR Xfinity Series Championship. (N) (Live) CC						**SportsCentre** (N) (Live) CC		**NBA Basketball** Portland Trail Blazers at Phoenix Suns. From Footprint Center in Phoenix. (N) (Live) CC				
YOUTH	551	542	**Sponge.**	**Sponge.**	**Sponge.**	**Sponge.**	**★★ "The Boss Baby"** (2017) 🎧 CC (DVS)				**★★ "The Boss Baby"** (2017) 🎧 CC (DVS)				**Next Step**	**Next Step**	**Degrassi**	**Degrassi**	**6teen** 🎧

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What's On

November 5

The Boundary Rotary Book Store, located at 4 Principal in Stanstead (Beebe), is open November 5 from 9 a.m. to 12 p.m. We have a large variety of books in both French and English. We also accept donated books, games, puzzles and DVDs throughout the year 24/7. Bring them when you visit or in large cases, call for possible pick-up 819-571-7949. We DO NOT accept magazines, VHS tapes, cassette tapes, records, encyclopedias or textbooks. We are having a special this week 3 CDs for $1. Please bring your bags. Come support the Rotary Club of the Boundary.

November 5

Dance at the Sawyerville Church on Saturday, November 5 from 7 p.m. to 11 p.m. Music by the Country Swingers. Admission $10. All welcome.

November 6

3rd annual Artisan Fair on Sunday, November 6, 10 a.m. to 3 p.m., at Colby-Curtis Museum, 535 Dufferin, Stanstead, www.colbycurtis.ca. Local products, original creations, gift ideas, surprises!

November 6

Uplands Cultural and Heritage Centre is proud to present "Bonheur d'Uplands," our prelude to winter collective exhibit. This edition will showcase the works of nine Eastern Townships artists and artisans: Lucy Doheny, Debbie Everett, Michel Gagné, Marcelle Genesse, Ginette Lefebvre – GauLe, Allyna Harris, Julie Normand, Sandra Picken Roberts and Brenda Smith. You are cordially invited to meet them during the vernissage on Sunday, November 6 from 2 p.m. to 4 p.m. Admission is free, and refreshments will be offered.

November 7

Canadian Club of the Yamaska Valley meeting, Monday, November 7, 2 p.m., Auberge West Brome, 128 Route 139. Mr. Rod MacLeod will present "Stones, Streets and Sugar: John Redpath and the Making of Victorian Montreal". Rod is an historian, author, Past President of the Quebec Anglophone Heritage Network and current editor of QUEBEC HERITAGE NEWS. There is «Q & A» after the lecture, followed by a coffee/tea ‹social›. To enjoy an AWB 12 noon luncheon please reserve at 450-266-7552//1-888-902-7663. Canadian Club information available at 450-243-6524. The session is free for Club members, $10 fee for non-members.

Norvember 8

The Canadian Federation of University Women will be holding a breakfast meeting on Tuesday, November 8 at Hope Community Church, 102 Queen St., Lennoxville. Meeting will take place in the basement, access from the parking lot. Doors will open at 8:30. Our speaker will be Sharon McCully and she will begin her talk at 10 a.m. The public are cordially invited to hear Sharon McCully, someone well-known in our community. Sharon McCully has 40 years experience in community newspapers as a reporter, editor, newspaper owner and is currently publisher of The Record.

November 12

Soup lunch at the Church of the Ascension, West Brome on Saturday, November 12 from 11 a.m. to 2:30 p.m. There are also books and a "white elephant" sale. Info: 450-263-3025.

November 19

The Lennoxville United Church Women (UCW) invites you to its 2022 Christmas Bazaar on Saturday, November 19 from 10 a.m. to 3 p.m. in the Gertrude Scott Hall, 6 Church Street, Lennoxville (Sherbrooke). Come browse the selection of Christmas goodies and gifts we will offer at the Bake Table (Home-made Christmas (Fruit) Cakes and Donuts available on a first-come, first-served basis), Candy Table, Wish Table, Crafts Table (Knitting, woodworking, jewellery, etc.), Attic Treasures and a Fishpond for the younger set. We will also have available a selection of themed gift baskets suitable for such occasions as a Baby Shower, a Wedding Shower, a "Christmas Tea-for-Two," a "Grannie's Christmas" and more.

Until December 11

Craft workshops for women have resumed at the Marché des Artisanats Dunham. Learn to crochet Sunday mornings 10 a.m. to noon. Afternoon workshops from 1:30 to 3:30 p.m. are scheduled every second week until December 11. Check Facebook for the schedule or email michilynnd@gmail.com or call 450-295-2252.

To place a LISTING

Deadline: Wednesdays at noon

Notices must be pre-paid (Visa or Mastercard).

Send your notice by e-mail to classad@sherbrookerecord.com or call 819-569-9525.

CHECK OUT OUR FREE ZOOM WORKSHOPS IN ENGLISH

09 Nov — 7:00 PM to 8:15 PM
Nutrition, Mental Health & Medication
with Megan Jenkins, Registered Dietitian

30 Nov — 7:00 PM to 9:00 PM
At the End of my Rope: Understanding Depression and Burnout
with Dr. Camillo Zacchia, Psychologist

Mental Health Estrie

For more information or to register:
819-565-2388
outreach@mentalhealthestrie.com
Find us on Facebook & Instagram
mentalhealthestrie.com

November Events

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec
CHSSN

Commission scolaire Eastern Townships School Board

The Eastern Townships School Board is seeking candidates to fill the following positions:

- SCHOOL ORGANISATION TECHNICIAN
  Full-time 35 hours per week
  MAGOG
  Salary: $23.82 - $30.82/hr.
  Start date: As soon as possible

- DATA PROCESSING TECHNICIAN (PRINCIPAL CLASS)
  Full-time 35 hours per week
  MAGOG
  Salary: $24.78 - $35.67/hr.
  Start date: As soon as possible

- EXECUTIVE SECRETARY COMPLEMENTARY AND PEDAGOGICAL SERVICES (replacement)
  Full-time 35 hours per week
  MAGOG
  Salary: $22.54 - $26.00/hr.
  Start date: As soon as possible

BENEFITS INCLUDE: 20 DAYS PAID VACATION, SICK DAYS, PENSION BENEFITS, PROFESSIONAL IMPROVEMENT OPPORTUNITIES.

For more information and a complete description of these positions as well as other opportunities, please visit our website at www.etsb.qc.ca.

Interested candidates must submit their application **no later than November 18, 2022** by email at **hr@etsb.qc.ca.**

Please note we will only be contacting candidates whose skills, experience and qualifications best meet the requirements of the positions.

ETSB is committed to equity in employment.

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CALLING ALL ARTISTS AND ARTISANS

only $10 (taxes incl.)

The Record will publish a special section on November 11 listing all the Christmas Craft Bazaars and Shows in the area.

Artists, artisans, churches, schools, individuals, send your listing to The Record by **November 4** to **classad@sherbrookerecord.com** to promote your event.

add a photo for an additional $10

THE RECORD

Listings must be paid in advance. We accept visa or mastercard.

For information, call 819-569-9525

Volunteers

Thank you for saving moments, funding breakthroughs and saving lives.

heartandstroke.ca

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DONALD LECTURE SERIES

UNIVERSITÉ BISHOP'S UNIVERSITY

WEDNESDAY, NOVEMBER 16, 2022

7:00 PM

CENTENNIAL THEATRE

EVA KUPER

HOLOCAUST SURVIVOR AND EDUCATOR

Eva was born after the start of WWII in Warsaw, Poland.

She survived the war by a series of miraculous events, but mainly as a result of the courage and humanity of both family and virtual strangers.

She immigrated to Canada with her family in 1949 where she grew up in Montreal, with the Holocaust history always present in her life.

Eva spent her professional life as a teacher and educational administrator.

Holocaust education has become her "calling" and a passion.

As a life-long student and teacher, Eva believes that education is the most powerful tool we have in combatting antisemitism, racism and hate.

This event is free and open to the public.

Village GRACE Village

Offering a full continuum of care including Assisted Living, Full Nursing Care, and Memory Care (Dementia & Alzheimer's), as well as Convalescence and Respite Care.

(819) 569 - 0546 x2120
admissions@masscom.ca
Sherbrooke, QC • www.gracevillage.ca

The Apple Pie Fundraiser is back!

We are making & selling 500 apple pies at Grace Village to support seniors who cannot afford the full cost of care.

Preorder online at www.gracevillage.ca/applepies

Pickup is Saturday, November 12 - 11am-2pm

Volunteers needed! Email emuise@masscom.ca

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Your week on TV

SUNDAY DAYTIME — NOVEMBER 6, 2022

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N)		Face the Nation (N)			You Can Quote Me	The NFL Today (N)		NFL Football Indianapolis Colts at New England Patriots. (N) (Live)					
WPTZ 5	-	-	Sunday Today With Willie Geist (N)		Meet the Press (N)		NBC 5 In Depth	Soledad O'Brien	Chicago Fire "Carry Me"		MotoGP Racing Grand Prix of Valencia. (N Same-day Tape)		NASCAR Cup Series Countdown to Green (N) (Live)				NASCAR Cup Series	
CBMT 6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Rosemary Barton Live (N) (Live)		Our Montreal		Maamuitau	Exhibitionists	FIVB Beach Volleyball World Tour		Figure Skating	
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				"La musique du silence" (2017) Toby Sebastian. Premiere. Amos Bardi a reçu un don à la naissance: une voix divine.				La victoire de l'amour		★★★ "Matilda" (1996) Mara Wilson, Danny DeVito. (DVS) (SC)			(:45) ★★★ "Un prince à New York" (1988) Eddie Murphy.		
WMTW 8	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		Soledad O'Brien	TOTAL MAINE	Free Enterprise	Hearts of Heroes (EI)	Teen Kids News (N)	Retire Now TV	Old, Drafty Windows?	Age Backwards	Paid Program	Paid Program	2022 TCS New York City Marathon	
CKSH 9	108	-	Le village enchanté	(:29) Sous les mers	(8:59) Makinium (N)	Les sapiens	(9:59) Le jour du Seigneur (N) (SC)		Les coulisses du pouvoir (N) (SC)		Téléjournal	La semaine verte (SC)		L'épicerie (SC)	Savourer (SC)		Les enquêtes de Foyle (SC)	
CKMI 11	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Joel Osteen (N)	Paid Program	The West Block (N)	The New Reality	Property Brothers "Sonja & Michelle"		Rock Solid Builds "Best Kind"		Food-Bucket	Food-Bucket	Masters of Flip "Fitting In"	
CFCF 12	205	312	Operation Smile		Cash Cab	Paid Program	Paid Program	Church of the Rock	Question Period (N)		W5 Investigating the real Tiger Kings.		NFL Football Indianapolis Colts at New England Patriots. (N) (Live)					
WVNY 22	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		What Matters	The Key of David	Save on Groceries!	Never Fear	EMERIL	Under Eye Bags?	MyBiotin	Save on Groceries!	Alan Jackson	Grow Your Hair Back!	2022 TCS New York City Marathon	
WUTV 30	-	-	The Ernest Angley Hour		FOX News Sunday (N)		Sharyl Attkisson	The Key of David	Humana Medicare	Buffalo Plus	FOX NFL Sunday (N) (Live)		Raw Travel (N)	★★★ "Up in the Air" (2009) George Clooney, Vera Farmiga. A frequent flyer reaches a life-and-career crossroads.				
CFKS 31	106	726	Comme chien et chat (DVS) (SC)		Noovo Le Fil week-end (N) (SC)		RPM Un moment important. (N) (SC)		RPM plus (N) (SC)		Infopublicité (SC)	Infopublicité (SC)	Intemporel (SC)		★★★★ "Presque célèbre" (2000) Billy Crudup, Frances McDormand, Kate Hudson. (DVS) (SC)			
WUHF	-	363	Science Now	Humana Medicare	FOX News Sunday (N)		Sharyl Attkisson	Buffalo Plus	FOX NFL Kickoff (N) (Live)		FOX NFL Sunday (N) (Live)		NFL Football (N) (Live)					
WETK	-	-	Hero Elementary	Alma's Way	Curious George	Daniel Tiger	Rosie's Rules	Donkey Hodie	Weekend-Yank	Vermont This Week	Fred and Emile	Made Here	(:02) Great Performances New York Philharmonic performs. (N)			Fever: The Music of Miss Peggy Lee A profile of the singer.		
WCFE	-	-	Arthur (EI)	Wild Kratts	Washington Week	Canada Files	Mountain Lake	New York Now	Epic Trails	Weekend-Yank	NOVA "Nazca Desert Mystery"		Downton Abbey on Masterpiece		(:05) Downton Abbey on Masterpiece			Downton Abbey
A&E	615	520	Flipping Vegas		Zombie House Flipping "The Speed Flip"		Zombie House Flipping "Ceylon"		Zombie House Flipping "Pepperidge"		Zombie House Flipping "Spruce"		The First 48 A retired police captain is killed.		The First 48 A drug deal turns deadly.		The First 48 "Underworld"	
CNN	500	500	Inside Politics		State of Union		Fareed Zakaria GPS		CNN Newsroom		State of Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom	
DISC	520	505	Mighty Planes The Airbus A380.		Mighty Planes "Skibirds" (DVS)		Mighty Planes The Antonov 124 cargo plane.		Mighty Planes "C-5M Super Galaxy"		Mighty Planes "Omega 707" (DVS)		Mighty Planes "NOAA" (DVS)		Lone Star Law "No License to Kill"		Lone Star Law "Hunter Games" (DVS)	
DRAMA	620	523	Chicago Fire "Pilot" (DVS)		Chicago Fire "Mon Amour" (DVS)		Chicago Fire Casey faces a difficult choice.		Chicago Fire "One Minute" (DVS)		Chicago Fire "Hanging On" (DVS)		Chicago Fire "Rear View Mirror"		Chicago Fire "One for the Ages"		Chicago Fire "The Grand Gesture"	
HIST	522	506	Paid Program	Paid Program	Pawn Stars "Maximum Pawnage"		American Pickers "Naughty and Nice"		The Toys That Built America		FBI: Most Wanted "Deconflict"		FBI: Most Wanted "Anonymous"		S.W.A.T. "Pride"		S.W.A.T. "Jack"	
PARMT	628	584	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Yellowstone Kayce settles into his new role.		(:05) Yellowstone "New Beginnings"		(:09) Yellowstone "The Reek of Desperation"		(:13) Yellowstone "Only Devils Left"		(:16) Yellowstone	
RDI	126	730	D'abord l'info (N) (SC)		D'abord l'info (N) (SC)		L'info maintenant	L'info maintenant	Les coulisses du pouvoir (N) (SC)		Téléjournal	Téléjournal	Les décrypteurs	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant	L'info maintenant
SHOW	616	521	"Stalked by a Prince" (2022, Suspense) Natalie Hall, Jonathan Keltz. (DVS)				★★ "Green Lantern" (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. (DVS)					NCIS A campsite murder. (DVS)		NCIS: Hawai'i A Navy sailor washes up dead.		NCIS: Los Angeles "Dead Stick"		FBI "Victim"
SLICE	601	562	Paid Program	Paid Program	Paid Program	Paid Program	★★★ "Erin Brockovich" (2000) Julia Roberts, Albert Finney. A woman probes a power company cover-up over poisoned water. (DVS)						★★ "The Change-Up" (2011, Comedy) Ryan Reynolds, Jason Bateman. (DVS)				★★★ "Scott Pilgrim vs. the World" (2010)	
TLC	521	560	Secretly Pregnant "Kanchana; Susannah"		Dr. Pimple Popper "The Last Unicorn"		Dr. Pimple Popper		Dr. Pimple Popper		Sister Wives "The Last Family Gathering"		Sister Wives Ysabel packs up for college.		Sister Wives "The Failed Priest"		Sister Wives Ysabel heads off to college.	
TSN	400	400	SportsCentre		SportsCentre		SportsCentre		Uninterrupted Canada (N)		CFL Playoffs: Pregame (N) (Live)		CFL Football Hamilton Tiger-Cats at Montreal Alouettes. (N) (Live)					
YOUTH	551	542	Sponge.	Sponge.	Super	Loud	★★ "The Boss Baby" (2017) (DVS)				★★★ "Trolls" (2016) Voices of Anna Kendrick.				Barbie	Super	Sponge.	Sponge.

SUNDAY EVENING — NOVEMBER 6, 2022

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	NFL Football	(:25) NFL Football Los Angeles Rams at Tampa Bay Buccaneers. (N) (Live)						60 Minutes (N)		FBI "Double Bind" (N)		East New York An arrest goes viral. (N)		NCIS: Los Angeles "Flesh & Blood" (N)		Channel 3 News	Investigate TV
WPTZ 5	-	-	(3:00) NASCAR Cup Series NASCAR Cup Series Championship. (N) (Live)						Football Night in America (N)		(:15) NFL Football Tennessee Titans at Kansas City Chiefs. (N) (Live)							NBC5 News	Soledad O'Brien
CBMT 6	206	301	Figure Skating		Canada's Smartest Person (DVS)		Fridge Wars (DVS)		Heartland "Into the Wild" (N)		The Great Canadian Baking Show (N)		Moonshine "Mommy Issues" (N)		The National (N)		CBC Montreal	World Rugby Sevens Series Hong Kong.	
CHLT 7	107	718	(2:45) ★★★ "Un prince à New York"		Vlog (N) (SC)	Poule-oeufs	TVA Nouvelles (N)	Chanteurs masqués (N) (SC)		Révolution (N) (SC)			Laurent Paquin: Déplaire (N) (SC)		Denis Lévesque	TVA Nouvelles (N)	★★★ "Downton Abbey" (2019) Hugh Bonneville. Premiere. (SC)		
WMTW 8	-	-	(3:00) 2022 TCS New York City Marathon		Entertainers: With Byron Allen (N)		WMTW News 8 at	World News	America's Funniest Home Videos (N)		Celebrity Jeopardy! (N) (DVS)		Celebrity Wheel of Fortune (N)		The Rookie "Crossfire" (N)		WMTW News 8	Soledad O'Brien	The Rookie
CKSH 9	108	-	(3:00) Les enquêtes de Foyle (SC)		Retour vers la culture (N) (DVS) (SC)		TJ Estrie	Découverte (N) (SC)		Gala ADISQ 2022	Gala ADISQ On souligne l'excellence de la musique. (N) (Live) (DVS) (SC)				Le télé-journal	(:40) Gala ADISQ 2022: après gala (N)		(:40) Infoman	(12:10) "L'avenir"
CKMI 11	-	-	Wall of Bakers "Mash It Up!"		Island of Bryan "The Sleeping Giant"		Global News at 6	Global National	Border Security	60 Minutes (N)		FBI "Double Bind" (N)		FBI Two doctors are abducted.		NCIS: Los Angeles "Flesh & Blood" (N)		Global News	The West Block
CFCF 12	205	312	NFL Football	(:25) NFL Football Los Angeles Rams at Tampa Bay Buccaneers. (N) (Live)						NFL on CTV Live	The Masked Singer "'90s Night" (N)		(:02) East New York An arrest goes viral.		The Rookie "Crossfire" (N)		News-Rinaldo	CTV News Montreal	Big Bang Theory
WVNY 22	-	-	(3:00) 2022 TCS New York City Marathon		Ed Sullivan	Ed Sullivan	World News	Local 22 News (N)	America's Funniest Home Videos (N)		Celebrity Jeopardy! (N) (DVS)		Celebrity Wheel of Fortune (N)		The Rookie "Crossfire" (N)		Local 22 News (N)	Graham Bensinger	Graham Bensinger
WUTV 30	-	-	NFL Football Seattle Seahawks at Arizona Cardinals. (N) (Live)						The Masked Singer "Muppets Night"		The Masked Singer "'90s Night" (N)		(:02) LEGO Masters "Pirate Ships Ahoy!"		Fox 29 News	Sharyl Attkisson	The National Desk		Big Bang Theory
CFKS 31	106	726	"Presque célèbre"	(:35) ★★ "Accepté" (2006, Comédie) Justin Long, Jonah Hill. Premiere. (DVS) (SC)				(:29) Occupation Double Martinique (DVS) (SC)			(:02) À communiquer (SC)		(:02) ★★★ "40 ans et encore puceau" (2005, Com. Sentimentale) Steve Carell, Catherine Keener. (DVS) (SC)					(:32) "Des parents inquiétants" (2017)	
WUHF	-	363	NFL Postgame	Rivals: Ohio State vs. Michigan (N)				Spotlight on	The Masked Singer "Muppets Night"		The Masked Singer "'90s Night" (N)		(:02) LEGO Masters "Pirate Ships Ahoy!"		News at 10	Sharyl Attkisson	The National Desk (N) (Live)		Big Bang Theory
WETK	-	-	Last of the Breed Willie Nelson.			PBS News Weekend	Rick Steves Art of Europe		Midsomer Murders "A Rare Bird"		Miss Scarlet and the Duke on Masterpiece		Magpie Murders on Masterpiece (N)		Annika on Masterpiece (N)		Broadchurch A sexual assault case.		Miss Scarlet
WCFE	-	-	(3:30) Downton Abbey on Masterpiece (DVS)			Tell Me More	Howards End on Masterpiece		Death in Paradise		Miss Scarlet and the Duke on Masterpiece		Magpie Murders on Masterpiece (N)		Annika on Masterpiece (N)		The Hunter Bagarella triggers a war.		Midsomer Murders
A&E	615	520	The First 48 "Caught in the Middle"		The First 48 "Life Interrupted; Lucifer"		The First 48 A young woman set on fire.		The First 48 "The Standoff"		The First 48 "The Fighter; Final Ride"		The First 48		(:01) The First 48 "A Beautiful Life"		(:04) The First 48 "The Other Wife"		The First 48
CNN	500	500	CNN Newsroom		CNN Newsroom		Erin Burnett OutFront		Erin Burnett OutFront		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight (N)		CNN Tonight (N)		News
DISC	520	505	Lone Star Law "Blood Evidence"		Lone Star Law "Lake Saviors"		Gold Rush Fred engineers an ice dam.		Mud Mountain Haulers		LEGO Masters Australia "3D-kunst"		Aussie Gold Hunters (N) (DVS)		Outback Opal Hunters (N) (DVS)		Mud Mountain Haulers		LEGO Masters
DRAMA	620	523	Chicago Fire "Pilot" (DVS)		Chicago Fire "Mon Amour"		Chicago Fire "Professional Courtesy"		Chicago Fire "One Minute"		Chicago Fire "Hanging On"		Chicago Fire "Rear View Mirror"		Chicago Fire "One for the Ages"		Chicago Fire "The Grand Gesture"		Chicago Fire
HIST	522	506	S.W.A.T. A hunt for an escaped convict.		American Pickers "Naughty and Nice"		The Toys That Built America		Forged in Fire "Damascus 500"		Forged in Fire		The Secret of Skinwalker Ranch		The Curse of Oak Island (N)		The Secret of Skinwalker Ranch		Curse-Island
PARMT	628	584	(3:16) Yellowstone	(:19) Yellowstone "Blood the Boy"		(:25) Yellowstone "Resurrection Day"	Yellowstone "Behind Us Only Grey"		Yellowstone "Enemies by Monday"		(:27) Yellowstone "Sins of the Father"		Ink Master		Ink Master		Ink Master		Ink Master
RDI	126	730	L'info	L'épicerie (SC)	Le télé-journal	La facture (SC)	Le télé-journal	Enquête (N) (SC)		(:31) Le national	(:01) La semaine verte (N) (SC)		Le télé-journal	Les coulisses du pouvoir (SC)		Le national (N)	Le national (N)	Journal France 2		Le télé-journal
SHOW	616	521	(3:30) FBI "Victim"	CSI: Vegas An entire family is murdered.		★★★ "Superman Returns" (2006, Adventure) Brandon Routh, Kate Bosworth, James Marsden. The Man of Steel faces Lex Luthor. (DVS)							The Resort "The Disillusionment of Time"		(9:50) ★★★ "V for Vendetta" (2006) Natalie Portman. A vigilante fights a fascist government. (DVS)				
SLICE	601	562	(3:00) ★★★ "Scott Pilgrim vs. the World" (2010) Michael Cera.			★★ "The Change-Up" (2011) Ryan Reynolds. An overworked lawyer and his carefree buddy switch bodies.					The Real Housewives of Potomac (N)		Family Karma (Season Premiere) (N)				(:15) Married to Medicine (N)		(:15) The Real Housewives of Potomac	Family Karma
TLC	521	560	90 Day Fiancé: Happily Ever After?		90 Day Fiancé: Happily Ever After?		90 Day Fiancé: Happily Ever After? Sumit prioritizes work over Jenny.				90 Day Fiancé: Happily Ever After? Kim makes a grand romantic gesture. (N) (DVS)				(:02) Sister Wives "A Polygamist Divorce"		(:04) 90 Day Fiancé: Happily Ever After?		90 Day Fiancé
TSN	400	400	CFL Playoffs	CFL Football Calgary Stampeders at BC Lions. Nathan Rourke and the Lions meet the Stampeders in this West Division semifinal. (N)						SportsCentre	(:15) NFL Football Tennessee Titans at Kansas City Chiefs. (N) (Live)							SC With Jay Onrait (N) (Live)	
YOUTH	551	542	Sponge.	Sponge.	Sponge.	Sponge.	★★★ "Trolls" (2016) (DVS)				★★★ "Trolls" (2016) (DVS)				Next Step	Next Step	Degrassi	Degrassi	6teen

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Your week on TV

MONDAY EVENING — NOVEMBER 7, 2022

	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	Bob Hearts Abishola	NCIS An arms dealer is released from prison.		NCIS: Hawai'i The team investigates a shipwreck.		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	The Voice "The Knockouts Part 3" Artists perform in three-way knockouts. (N) (Part 3 of 3)				Quantum Leap "Stand by Ben" (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	Murdoch Mysteries "Honeymoon in Hampshire" (N)		2022 Scotiabank Giller Prize The winner is announced. (N)		The National (N)		CBC Montreal News (N)	Maamuitaau	Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Indéfendable (N)	La tour (N) (SC)	L'échappée Martine reçoit une mise en demeure. (N)		Alertes Marielle et Alain font face à des choix. (N) (SC)		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)		"Le triangle amoureux"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Bachelor in Paradise (N) (DVS)				On the Road to the CMAs (N) (DVS)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le téléjournal Estrie	(:31) Zone économie (N)	Stat (N)	Discussions avec mes	5e rang Jean-Michel a grandement besoin d'aide.		Avant le crash Évelyne prépare un grand projet. (N)		Le téléjournal (N) (SC)		(:07) Le téléjournal Estrie	(:36) On va se le dire	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	9-1-1 "Cursed" A fading movie star must be helped.		NCIS An arms dealer is released from prison.		NCIS: Hawai'i The team investigates a shipwreck.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live)		etalk (N)	The Big Bang Theory	Children Ruin Everything (N)	Bob Hearts Abishola	(:02) The Cleaning Lady "Truth or Consequences" (N)		The Good Doctor (DVS)		CTV National News	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Bachelor in Paradise (N) (DVS)				On the Road to the CMAs (N) (DVS)		Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	9-1-1 "Cursed" A fading movie star must be helped.		(:02) The Cleaning Lady "Truth or Consequences" (N)		Fox 29 News at 10 (N)		Seinfeld "The Fire"	Two and a Half Men	Two and a Half Men
CFKS 31	106	726	Souper parfait	Occupation Double	Ça c'est drôle! (N)	Club Soly (N) (DVS) (SC)	Qui sait chanter? Le concurrent reçoit les conseils. (N)		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débatteurs	Occupation Double	Cardinal John Cardinal trouve des indices.	
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	9-1-1 "Cursed" A fading movie star must be helped.		(:02) The Cleaning Lady "Truth or Consequences" (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME With Elizabeth	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		BBC World News Outside	This Old House	Antiques Roadshow World Series programs. (N)		Antiques Roadshow Historical U.S. political items.		Independent Lens "Move Me" An injury changes a woman's life. (N) (DVS)			Amanpour and Company (N)	
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		Antiques Roadshow World Series programs. (N)		Antiques Roadshow Historical U.S. political items.		Independent Lens "Move Me" An injury changes a woman's life. (N) (DVS)			Amanpour and Company (N)	
A&E	615	520	The First 48 "Ringside Seat" Murder in a motel parking lot.		The First 48 Three people are executed in their home.		The First 48 A man stands up for his girlfriend.		The First 48 Deadly street battle in Tulsa, Okla.		(:01) The First 48 A generous man is murdered.		(:04) The First 48 "Dead Wrong"		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		Election Day
DISC	520	505	Highway Thru Hell Jamie and Scott team up. (DVS)		Mayday "Fatal Delivery" Getting a plane to safety.		Alaskan Bush People "The Alaskan Code" (N)		Highway Thru Hell Jamie battles to keep trains moving.		Mud Mountain Haulers (N) (DVS)		Homestead Rescue		Homestead Rescue
DRAMA	620	523	Chicago Fire The firemen fight accusations of theft.		Chicago Fire Cruz decides to make a confession.		Chicago Fire Casey deals with family issues.		Chicago Fire A man dies in a fire set by a teenager.		Chicago Fire Thanksgiving at the firehouse. (DVS)		Chicago Fire Severide's injury is aggravated.		Chicago Fire (DVS)
HIST	522	506	The Secret of Skinwalker Ranch "Photo Finish"		The Curse of Oak Island		American Pickers A sensory-overload attic in Detroit.		American Pickers "Pickin' the '60s" (N)		American Pickers Mike and Frank go back to the '70s.		American Pickers A sensory-overload attic in Detroit.		American Pickers
PARMT	628	584	Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends Build Stuff Live		Adam Carolla and Friends
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Detour" Jimmy and Ducky go missing.		FBI "Crossfire" Maggie and OA track down a sniper.		FBI "Family Man" A senator's daughter is kidnapped.		A Friend of the Family "Articles of Faith" (N)		(:10) FBI: Most Wanted "Gold Diggers"		(:05) FBI "Crossfire" Maggie and OA track down a sniper.		FBI "Family Man"
SLICE	601	562	The King of Queens	The King of Queens	Married to Medicine "Reunion Part 3"		Below Deck Mediterranean "The Fall Guy"		Below Deck Mediterranean (N)		Below Deck Adventure Faye joins Mercury Yacht Mercury.		The King of Queens	The King of Queens	Below Deck
TLC	521	560	90 Day: The Single Life "Pillow Talk: Now or Never"		90 Day: The Single Life		90 Day: The Single Life Natalie returns to Sequim. (N)		The Culpo Sisters The girls try surprising their parents.		(:07) 90 Day: The Single Life (N)		(:05) Sister Wives Christine drops off Ysabel.		90 Day: The Single Life
TSN	400	400	NFL Monday Night Countdown (N) (Live)				(:15) NFL Football Baltimore Ravens at New Orleans Saints. (N) (Live)							SC With Jay Onrait (N) (Live)	
YOUTH	551	542	Next Step	Loud House	★★★ "Madagascar" (2005) Voices of Ben Stiller.				SpongeBob	Danger Force	Next Step	Max & Shred	Degrassi	Degrassi	6teen

TUESDAY EVENING — NOVEMBER 8, 2022

	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)	America Decides: Campaign '22 Election night coverage from New York. (N) (Live)						Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Decision 2022: The Balance of Power Coverage of 2022 midterm elections. (N) (Live)						NBC5 News at 11 (N)	(:34) Decision 2022: The Balance of Power (N)	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	This Hr. Has 22 Minutes	Strays (N) (DVS)	Just for Laughs: 40th Anniversary Special (N)		The National (N)		CBC Montreal News (N)	This Hr. Has 22 Minutes	Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Indéfendable (N)	La tour (N) (SC)	Ma mère Chantal tente de reconstruire sa vie. (N) (SC)		Les honorables Loïc vit une crise très intense. (N) (SC)		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (SC)		"Sous soleil de"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	ABC News Midterm Election: Your Voice, Your Vote 2022 Election night coverage. (N) (Live) (DVS)						WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le téléjournal Estrie	(:31) Zone économie (N)	Stat (N)	La facture (N) (SC)	Un lien familial Des associés préparent leur candidature.		Cerebrum Le meurtrier a été arrêté. (N) (DVS) (SC)		Le téléjournal (N) (SC)		(:07) Le téléjournal Estrie	(:36) On va se le dire	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	★★ "Fast & Furious Presents: Hobbs & Shaw" (2019) Dwayne Johnson, Jason Statham, Idris Elba. Premiere. A lawman and an operative battle a superhuman soldier. (DVS)						Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live)		etalk (N)	The Big Bang Theory	The Resident A death row inmate must be examined. (N)		(:02) LEGO Masters (DVS)		The Big Bang Theory	The Big Bang Theory	CTV National News	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	ABC News Midterm Election: Your Voice, Your Vote 2022		ABC News Midterm Election: Your Voice, Your Vote 2022 Election night coverage. (N) (Live) (DVS)						Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	The Resident A death row inmate must be examined. (N)		(:02) Monarch Gigi makes a splash at a press event. (N)		Fox 29 News at 10 (N)		Seinfeld "The Raincoats"	Two and a Half Men	Two and a Half Men
CFKS 31	106	726	Souper parfait	(:29) Ça c'est drôle!	Ça c'est drôle! (N)	...Moi non plus! (N)	Présumé innocent: l'affaire Michelle Perron (N)		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débatteurs	Ça c'est drôle!	Cardinal "Robert" Le mari d'une politicienne a disparu.	
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	The Resident A death row inmate must be examined. (N)		(:02) Monarch Gigi makes a splash at a press event. (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME With Elizabeth	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		BBC World News Outside	Ask This Old House	Vote 2022: Election Night Special Results of the midterm elections. (N) (Live)							Amanpour and Company (N)	
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		Vote 2022: Election Night Special Results of the midterm elections. (N) (Live)							Amanpour and Company (N)	
A&E	615	520	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	Neighborhood Wars	(:01) Road Wars	(:32) Road Wars	(:04) Road Wars	(:34) Road Wars	Neighborhood Wars
CNN	500	500	Election Night in America (N)		Election Night in America (N) (Live)								Election Night in America (N) (Live)		
DISC	520	505	Highway Thru Hell "Cliff Hanger" (DVS)		Mayday The United Nations DC-6 crashes. (DVS)		Gold Rush "Cheat Codes" Fred engineers an ice dam.		Gold Rush Tony gets two dozers stuck. (N)		Gold Rush: White Water Dustin's gamble pays off. (N)		Homestead Rescue		Homestead Rescue
DRAMA	620	523	Chicago Med A comatose woman is pregnant.		Chicago Med A staff member commits suicide.		Chicago Med Will fights to save his former teacher.		Queen Sugar "Ep. 10 - They Existed" (N)		Chicago Med A traumatic multi-car accident occurs.		Chicago Med A young cancer patient wants to give up.		Chicago Med (DVS)
HIST	522	506	Pawn Stars A1920s Baccarat bottle of Ybry perfume.		Big Timber "Live to Win"		American Pickers Mike and Frank go back to the '70s.		Pawn Stars A statue made of turquoise moseys on in. (N)		The Toys That Built America "The Idea Man" (N)		Pawn Stars A statue made of turquoise moseys on in.		Toys-America
PARMT	628	584	Ink Master: Angels Tattooing former homeless canvases.		Ink Master: Angels "Golden Gate Angels"		Ink Master: Angels Artists challenged in Las Vegas.		Ink Master: Angels Dallas artists battle it out.		Ink Master: Angels The Angels bring the heat in Miami.		Ink Master: Angels Hunting for Atlanta's best artist.		Ink Master: Angels
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 "Édition spéciale: élections de mi-mandat 2022 aux États-Unis" (N) (SC)				Le téléjournal avec Céline Galipeau (N) (SC)		24/60 "Édition spéciale: élections de mi-mandat 2022 aux États-Unis" (N) (SC)			Le national (N) (SC)	Le national (SC)
SHOW	616	521	NCIS "Squall" A murder on a U.S. Navy ship.		FBI "Green Birds" Eight people are poisoned at a deli.		Tom Swift Tom searches for the last capsule piece. (N)		NCIS: Hawai'i A cold case involving WWII-era bones.		NCIS: Hawai'i "Lost" Contraband weapons are found.		FBI "Green Birds" Eight people are poisoned at a deli.		FBI "Prey" (DVS)
SLICE	601	562	The King of Queens	The King of Queens	Below Deck Mediterranean		Below Deck Adventure Faye joins Mercury Yacht Mercury.		Below Deck Adventure "Viking Cowboy" (N)		The Real Housewives of Salt Lake City "Finsta Fight"		The King of Queens	The King of Queens	Below Deck Adventure
TLC	521	560	Little People, Big World "Time for a New Chapter"		Little People, Big World Matt updates the family.		Little People, Big World With bonus scenes. (N)		Little People, Big World Chris comes to a revelation.		(:02) I Am Shauna Rae "Can I Have Kids?" (N)		(:02) The Culpo Sisters "Meet the Culpos"		Little People, Big World
TSN	400	400	SportsCentre (N) (Live)		College Football Playoff: Top 25 (N) (Live)		College Football Teams TBA. (N) (Live)							SC (N)	SC With Jay Onrait (N)
YOUTH	551	542	Next Step	Kamp Koral	★★ "Turbo" (2013) Voices of Ryan Reynolds.				SpongeBob	Danger Force	Next Step	Make It Pop	Degrassi	Degrassi	6teen

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Your week on TV

WEDNESDAY EVENING — NOVEMBER 9, 2022

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Survivor (N)		The Amazing Race (N)		FBI: Most Wanted		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Chicago Med The life of Archer's son is in danger. (N)		Chicago Fire A heckler harasses Firehouse 51. (N)		Chicago P.D. The team works a case in secret. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	Diggstown (N) (DVS)		CBC Docs POV A man claims he's going to space.		The National (N)		CBC Montreal News (N)	Land and Sea	Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Indéfendable (N)	La tour (N) (SC)	Les moments parfaits Catherine est en peine d'amour.		La faille "Le béton" Philippin développait un béton. (N)		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)		(12:05) "Sale grand-père"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The 56th Annual CMA Awards Honoring country music industry members. (N) (Live) (DVS)						WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat Jacob reçoit un texto.	L'épicerie (N) (SC)	Les enfants de la télé Avec Marie-Chantal Perron. (N)		C'est comme ça que je t'aime "La mante religieuse"		Le téléjournal (N) (SC)		(:07) Le télé-journal Estrie	(:36) On va se le dire	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	Survivor (N) (DVS)		FBI		FBI: Most Wanted		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live)		etalk (N)	The Big Bang Theory	The Masked Singer "Hall of Fame Night" (N)		The Amazing Race (N)		LEGO Masters (DVS)		CTV National News	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	On the Red Carpet-CMA	The 56th Annual CMA Awards Honoring country music industry members. (N) (Live) (DVS)						Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	The Masked Singer "Hall of Fame Night" (N)		(:02) LEGO Masters Builds with a summer camp theme.		Fox 29 News at 10 (N)		Seinfeld "The Raincoats"	Two and a Half Men	Two and a Half Men
CFKS 31	106	726	Souper parfait	(:29) Ça c'est drôle!	Ça c'est drôle! (N)	Entre deux draps (N)	Chicago Police Burgess se bat pour sa vie. (N)		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débat-teurs	Ça c'est drôle!	Cardinal Enquête sur une mort et un enlèvement.	
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	The Masked Singer "Hall of Fame Night" (N)		(:02) LEGO Masters Builds with a summer camp theme.		13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME With Elizabeth	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		BBC World News Outside	Seeing the USA	Nature "American Ocelot" Biologists study the ocelot.		NOVA "Crypto Decoded" Cryptocurrency. (N)		Secrets of the Dead "Hidden in the Amazon" (N)		Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		Nature "American Ocelot" Biologists study the ocelot.		NOVA "Crypto Decoded" Cryptocurrency. (N)		Secrets of the Dead "Hidden in the Amazon" (N)		BBC World News	Amanpour and Company (N)	
A&E	615	520	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam (N)		(:01) Road Wars (N)	(:32) Road Wars (N)	(:04) Court Cam	(:34) Court Cam	(12:03) Court Cam
CNN	500	500	Election Night in America (N)		Election Night in America (N) (Live)						Election Night in America (N) (Live)				Newsroom
DISC	520	505	Highway Thru Hell "Gate Crasher" (DVS)		Mayday "Edge of Disaster" (DVS)		Love Off the Grid The couples hit their tipping points.		Moonshiners Josh goes into hiding.		Moonshiners: Master Distiller (N)		Homestead Rescue The five essential watch-outs.		Homestead Rescue
DRAMA	620	523	Elementary A threat to Kitty emerges. (DVS)		Elementary A threat causes Kitty to unravel.		Elementary "Hemlock" A debt collector is murdered.		The Handmaid's Tale (Season Finale) June tries to find her daughter Hannah. (N)			(:20) The Staircase (Series Finale) Sophie comes to terms with a revelation. (N)			Elementary (DVS)
HIST	522	506	Forged in Fire Smiths forge a fierce Roman era falx.		Pawn Stars A statue made of turquoise moseys on in.		The Toys That Built America "The Idea Man"		Forged in Fire Rifleman's knife; revolutionary sabre. (N)		Kings of Pain Lizards bite Adam and Caveman Rob. (N)		Forged in Fire Rifleman's knife; revolutionary sabre.		Kings of Pain
PARMT	628	584	Deadliest Warrior Conqueror against annihilator.		Deadliest Warrior Attila the Hun vs. Alexander the Great.		Deadliest Warrior The stealthy Apache vs. the Gladiator.		Deadliest Warrior Monk and Maori.		Deadliest Warrior "Aztec Jaguar vs. Zande Warrior"		Deadliest Warrior Comanche vs. the Mongol.		Deadliest Warrior
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Les grands reportages (N) (Part 2 of 2) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Revenge" The team searches for Bodnar.		FBI "Doomsday" A safety inspector dies. (DVS)		FBI: International "Copper Pots and Daggers"		Chucky Nica moves forward with her plan. (N)		NCIS "Out of the Darkness" Ziva surprises Gibbs.		FBI "Doomsday" A safety inspector dies. (DVS)		FBI "Compromised"
SLICE	601	562	The King of Queens	The King of Queens	Below Deck Adventure "Viking Cowboy"		The Real Housewives of Salt Lake City "Finsta Fight"		The Real Housewives of Salt Lake City "Choir of Chaos"		Winter House Tom Schwartz and Tom Sandoval arrive.		The King of Queens	The King of Queens	Real Housewives of SLC
TLC	521	560	My 600-Lb. Life Janine has been left nearly immobile.		My 600-Lb. Life Janine has been left nearly immobile.		My 600-Lb. Life: Where Are They Now? "Charity: The Full Journey" (N)				My 600-Lb. Life Food addiction dissolved his marriage.		Too Large George is determined to lose weight.		My 600-Lb. Life: Where
TSN	400	400	SportsCentre (N) (Live)		That's Hockey (N)	NBA Basketball Houston Rockets at Toronto Raptors. From Scotiabank Arena in Toronto. (N) (Live)					NBA Basketball Los Angeles Lakers at Los Angeles Clippers. From Crypto.com Arena in Los Angeles. (N) (Live)				
YOUTH	551	542	Next Step	Patrick Star	★★★ "Dolphin Tale" (2011, Children's) Harry Connick Jr. (DVS)					Danger Force	Next Step	Stanley Dyn.	Degrassi	Degrassi	6teen

THURSDAY EVENING — NOVEMBER 10, 2022

	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)	(:31) Ghosts (N)	(:01) So Help Me Todd "Long Lost Lawrence" (N)		CSI: Vegas "Burned" A father and son are killed. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News	Jeopardy! (N)	Wheel of Fortune (N)	Law & Order A crisis consultant is murdered. (N)		Law & Order: Special Victims Unit "Dead Ball" (N)		Law & Order: Organized Crime "All That Glitters" (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Family Feud Canada (N)	Dragons' Den Entrepreneurs pitch to the Dragons. (N)		The Fifth Estate (N) (DVS)		The National (N)		CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Indéfendable (N)	La tour (N) (SC)	Hôtel L'emploi de Nadia est à risque. (N) (SC)		Le bon docteur Shaun se questionne sur Lea. (N)		TVA nouvelles (N)	(:35) La tour (SC)	(:05) La joute (N) (SC)		(12:05) "Arnaqueuses"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Station 19 A lightning storm crashes a helicopter. (N)		Grey's Anatomy A thunderstorm hits Grey Sloan. (N)		(:01) Alaska Daily (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Stat (N)	Infoman (N) (DVS) (SC)	100 génies La nostalgie des 60 dernières années. (N)		Enquête (N) (SC)		Le téléjournal (N) (SC)		(:07) Le télé-journal Estrie	(:36) On va se le dire	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada (N)	Entertainment Tonight (N)	The Neighborhood	(:31) Ghosts (N)	(:01) So Help Me Todd "Long Lost Lawrence" (N)		CSI: Vegas "Burned" A father and son are killed. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N) (Live)		Call Me Kat (N)	Young Sheldon (N)	Station 19 A lightning storm crashes a helicopter. (N)		Grey's Anatomy A thunderstorm hits Grey Sloan. (N)		(:01) Alaska Daily (N) (DVS)		CTV National News	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Station 19 A lightning storm crashes a helicopter. (N)		Grey's Anatomy A thunderstorm hits Grey Sloan. (N)		(:01) Alaska Daily (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	Hell's Kitchen The chefs create a wedding menu. (N)		Welcome to Flatch (N)	Call Me Kat (N)	Fox 29 News at 10 (N)		Seinfeld "The Opposite"	Two and a Half Men	Two and a Half Men
CFKS 31	106	726	Souper parfait	(:29) Ça c'est drôle!	Ça c'est drôle! (N)	Pour toujours, plus un jour	Le maître du jeu "Le fils de Nicole" Un bloc de glace.		La semaine des 4 Julie (N) (DVS) (SC)		(9:59) Noovo Le Fil 22 (N)	Les débat-teurs	Ça c'est drôle!	Cardinal "Barry" On cherche un lien entre les victimes.	
WUHF	-	363	Modern Family	Young Sheldon	The Big Bang Theory	The Big Bang Theory	Hell's Kitchen The chefs create a wedding menu. (N)		Welcome to Flatch (N)	Call Me Kat (N)	13WHAM News at 10 on Fox Rochester (N) (Live)		iCRIME With Elizabeth	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		BBC World News Outside	Rick Steves' Europe	I Come from Away: An Immigrant In Maine		"Voices From the Barrens: Native People, Blueberries"		Native America The rise of great American nations.		Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		Death in Paradise A lottery winner is found dead.		Call the Midwife Sister Julienne and Dr. Turner clash.		Broadchurch News of the attack spreads.		BBC World News	Amanpour and Company (N)	
A&E	615	520	The First 48 "Unforgotten: Mothers and Sons" Two murders at an apartment complex.				The First 48 A parking lot drug deal turns deadly.		The First 48 "Money Move" A plan goes horribly wrong.		(:01) Interrogation Raw "Deadly Dad" (N)		(:04) The First 48 A football player is gunned down.		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight (N) (Live)		CNN Tonight (N) (Live)		Cooper 360
DISC	520	505	Highway Thru Hell A winter storm unleashes chaos.		Mayday "Deadly Delay" (DVS)		Alaska: The Last Frontier "Kilcher Cookbook" (N)		Deadliest Catch: The Viking Returns (N) (DVS)		Louisiana Law (N) (DVS)		Homestead Rescue A major setback in Misty's build.		Homestead Rescue
DRAMA	620	523	Chicago P.D. The team probes a home explosion.		Chicago P.D. Olinsky goes under cover as a hit man.		Walker		Panhandle Cammie takes Bell on a road trip. (N)		(:05) Chicago P.D. "Don't Read the News"		Chicago P.D. Two murder suspects hide in a church.		Chicago P.D. (DVS)
HIST	522	506	The Cars That Made The World "Fueling Invention"		The Cars That Made The World (DVS)		Forged in Fire Rifleman's knife; revolutionary sabre.		Big Timber "The Only Way Is Up" (N)		Mountain Men "Bear Lair" (N)		Big Timber "The Only Way Is Up"		Mountain Men
PARMT	628	584	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters
RDI	126	730	(5:55) Zone économie (N) (SC)		24/60 (N) (SC)		Police avant-gardiste (N)	Police avant-gardiste (N)	Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS Parsons' view of the team changes. (DVS)		FBI Robbers are targeting armored trucks. (DVS)		9-1-1 (DVS)		The Lazarus Project George puts his plan into motion. (N)		NCIS "Into the Light" A possible terrorist plot is revealed.		FBI Robbers are targeting armored trucks. (DVS)		FBI (DVS)
SLICE	601	562	The King of Queens	The King of Queens	The Real Housewives of Salt Lake City "Choir of Chaos"		Winter House Tom Schwartz and Tom Sandoval arrive.		Winter House The housemates throw a party. (N)		Below Deck Mediterranean (N)		The King of Queens	The King of Queens	Winter House
TLC	521	560	I Am Shauna Rae Shauna feels mixed about moving.		I Am Shauna Rae "Can I Have Kids?"		Dr. Pimple Popper "A Lipoma Is Born"		Dr. Pimple Popper Delano returns with his back lump.		Dr. Pimple Popper "The Incredible Shrinking Lipoma"		Dr. Pimple Popper "A Head of Cauliflower Bumps"		Dr. Pimple Popper
TSN	400	400	SportsCentre (N) (Live)		TNF Tonight (N) (Live)		(:15) NFL Football Atlanta Falcons at Carolina Panthers. (N) (Live)							SC With Jay Onrait (N) (Live)	
YOUTH	551	542	Next Step	Casagrandes	★★ "Bruce Almighty" (2003) Jim Carrey. (DVS)				SpongeBob	Danger Force	Next Step	Driving Me	Degrassi	Degrassi	6teen

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Obituaries

Card of Thanks

SUITOR - The family of the late Evelyn Davis Suitor would sincerely like to thank all those who helped us at the time of Evelyn's sudden death. For those who traveled from afar, the phone calls, cards, food and your visits were all so very much appreciated. To the Cass Funeral Home, Linda Hoy for the beautiful service and the Ladies Auxiliary #318 ANAF for the lovely lunch. For all the donations that have been made in her memory to the charities of your choice. We thank you. Evelyn will always be forever on our minds and forever in our hearts.

ALLAN & FAMILY

Memoriam

GRAHAM, Harry – In loving memory of a dear husband, father and grandfather who passed away November 7, 2011.

Partings come and hearts are broken
Loved ones go with words unspoken.
Deep in our hearts there's a memory kept –
For a husband and father, we will never forget.

fSadly missed by

JANIS (wife)
PETER & GIRLS
WENDY & STEVE
PAM & MICHAEL
SCOTT & SHARON
AND FAMILIES

Death

Harriette (nee Stevenson) ROBINSON

Born on October 25, 1922 to Lillian (nee Mann) and Albert Stevenson at St. Sylvestre, QC, passed away on September 21, 2022 at the Wales Home, Cleveland, QC.

In her 100th year, Mom has left us to join her beloved husband, the late Verne Luman Robinson, her dear daughter the late Dorothy Ann (Vandal), and son-in-law the late Edmond Vandal, all greatly missed. Mom was also predeceased by her brothers Thomas and Ernest and sister Ida (Law).

Surviving are her son Kenneth and his wife Diane (Ottawa ON); eight much-adored grandchildren; an ever-increasing number of great-grandchildren and great-great-grandchildren; numerous nephews, nieces, and cousins.

Mom's family wishes to thank all the staff at the Wales Home for their warmth and kindness during the 13 years that Mom was in their care. Truly, a very special place and group of gentle caregivers.

The family will receive condolences at Cass Funeral Home, 3006 College, Sherbrooke (Lennoxville, QC) on Saturday, November 12, 2022 from 1 p.m., followed by a ceremony at 2:30 p.m. A private interment at the Boutelle Cemetery (Inverness, QC) will take place at a later date. Masking appreciated.

In Mom's memory, please consider a donation to the Boutelle Cemetery Fund, the Wales Home Foundation, or any charity of your choice. https://waleshome.ca/about-foundation.

CASS FUNERAL HOMES
3006 College St.,
Sherbrooke QC

PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Death

OBITUARIES

October 31 to November 4, 2022

Kathleen Myrtle (nee Healy) BAKER - October 29, 2022

Vincent Lew HALL - October 18, 2022

Dexter-Wes William HODGE - October 31, 2022

Garry Sydney JOHNSTON - October 28, 2022

Norma KNOWLES - October 18, 2022

Harriette (nee Stevenson) ROBINSON - September 21, 2022

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NEA Crossword Puzzle

ACROSS

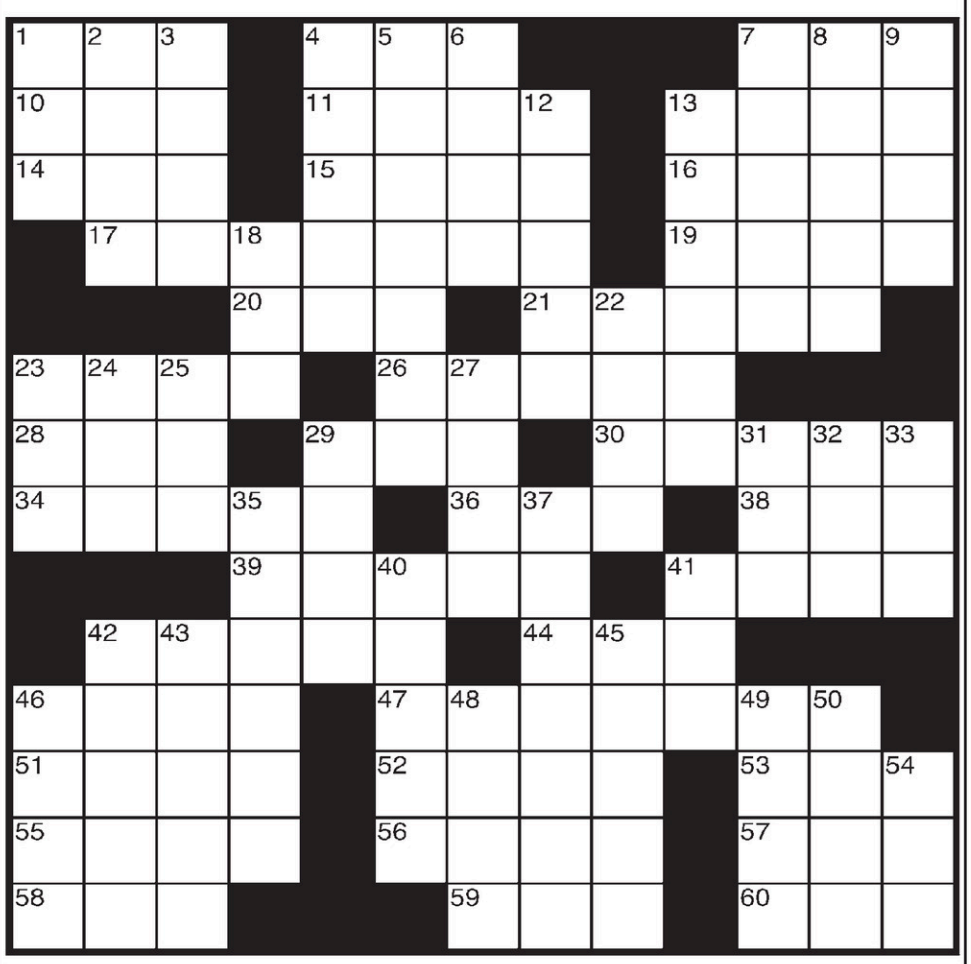
1 German pronoun
4 Zoo animal
7 Amt.
10 Forest grazer
11 Edinburgh girl
13 Halo, of sorts
14 Drag into court
15 Singer — James
16 Mouse appendage
17 Level off
19 Leaf source
20 — Mineo of films
21 Boors
23 Running wild
26 Livy's language
28 Float (along)
29 Zig's opposite
30 Gets closer
34 Porcupine quill
36 Puffin kin
38 Decline, as stock prices
39 Reversal (hyph.)
41 MLB maneuver
42 Hannibal's foe
44 Tavern
46 Auto import
47 Future bride
51 Ditka of football
52 Creep along
53 Auto fuel
55 Software buyer
56 Polynesian carving
57 Crude metal
58 Ike's rank
59 Kitchen meas.
60 Exercise place

DOWN

1 Badges
2 Sudden ouster
3 Scoundrel
4 Prince Val's wife
5 Kneecap
6 Are, in Taxco
7 Motor oil amount
8 Gives it a go
9 Kind of lock
12 — Ste. Marie
13 Bring into accord
18 Inquire
22 Piglet plea
23 Weightlifter's pride
24 Unruly mane
25 — -Wan Kenobi
27 Culture medium
29 Sweater letter
31 Tempe inst.
32 Turned chicken
33 PFC boss
35 Figure
37 Empties a suitcase
40 Not in shape
41 U.K. network
42 Employee's request
43 Bucket of song
45 Not with-it
46 Overconfident
48 No future — —
49 They're often inflated
50 Dodge City marshal
54 Octopus home

Answer to Previous Puzzle

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



11-4

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Today in History

Today in History for Nov. 4:

In 1809, the steamer "Accommodation," the first on the St. Lawrence, arrived at Quebec from Montreal. The trip took 66 hours at a speed of five knots but 30 hours were spent at anchor. The fare was $8.

In 1838, Robert Nelson and Cyrille Hector Octave Cote launched a second rebellion in Lower Canada (now Quebec). The rebellion, which followed the previous year's failed French uprising, was encouraged by American sympathizers but lasted only five days.

In 1847, composer Felix Mendelssohn died in Leipzig, Germany, at age 38.

In 1862, American Richard Gatling received a patent for his rapid-fire gun – the forerunner of the modern machine gun.

In 1873, Scottish immigrants Alexander Dennistoun and John and David Sidey founded North America's first golf club – the Montreal Golf Club. With Queen Victoria's permission, it was renamed the Royal Montreal Golf Club 11 years later.

In 1879, it was ruled that the Queen or the governor-general had the sole right of appointing Queen's Counsels.

In 1880, the first cash register was patented by James and John Ritty of Dayton, Ohio.

In 1889, large deposits of coal were discovered in Nova Scotia.

In 1911, Galbraith Rodgers arrived at Pasadena, Calif. – completing the first transcontinental flight, which began on Sept. 17th in New York.

In 1916, Walter Cronkite, the premier TV anchorman of the U.S. networks' golden age, was born in St. Joseph, Miss. He was the face of the "CBS Evening News" from 1962-81, when stories ranged from the assassinations of President John F. Kennedy and the Rev. Martin Luther King Jr. to racial and anti-war riots, Watergate and the Iranian hostage crisis. He reported a tumultuous time with reassuring authority and came to be called "the most trusted man in America." He died of cerebral vascular disease on July 17, 2009.

In 1922, King Tutankhamen's tomb was discovered by British archeologist Howard Carter. Tutankhamen was an Egyptian pharaoh of little importance during the middle of the 14th century B.C. He is renowned due to the discovery of his almost intact tomb, which took eight years to excavate and contained magnificent treasures.

In 1924, Nellie T. Ross of Wyoming was elected the first female governor in the U.S. – to serve out the remaining term of her late husband, William B. Ross.

In 1942, during the Second World War, Axis forces retreated from El Alamein in North Africa in a major victory for British forces commanded by Lieutenant General Bernard Montgomery.

In 1944, the Allies announced that Greece had been liberated from the Nazis during the Second World War.

In 1946, the United Nations Educational, Scientific and Cultural Organization (UNESCO) was established.

In 1952, Gen. Dwight Eisenhower was elected Republican president of the United States.

In 1956, Lester Pearson, then external affairs minister, proposed a special UN peacekeeping force to ease the British and French out of Egypt. The plan was approved by the UN General Assembly and Pearson was rewarded with the Nobel Peace Prize in 1957. He served as prime minister from 1963-68.

In 1956, Soviet troops moved into Hungary to crush a week-old anti-communist revolution.

In 1960, Justice Minister Davie Fulton announced a 15-year program to rehabilitate prisoners in federal penitentiaries. The work-day for convicts was increased to seven hours and they were allowed to spend evenings socializing, participating in sports or just watching television.

In 1966, direct air service began between Montreal and Moscow.

In 1966, Defence Minister Paul Hellyer introduced legislation to amalgamate the army, navy and air force under the umbrella of the Canadian Armed Forces. The bill became law Feb. 1, 1968. (In August 2011, Ottawa restored the historic names to the Royal Canadian Navy and the Royal Canadian Air Force. Land Force Command was renamed the Canadian Army.)

In 1977, the Security Council ordered a world-wide embargo on the supply of arms and military material to South Africa because of that Government's repressive racial acts against its black population.

In 1979, Muslim students captured more than 50 Americans at the U.S. embassy in Tehran. Backed by the Ayatollah Khomeini, the students held the Americans hostage for 444 days to pressure the U.S. to return the deposed Shah of Iran.

In 1980, Ronald Reagan won the White House as he defeated U.S. President Jimmy Carter by a strong margin.

In 1985, the Canadian Red Cross began testing blood for HIV, the virus linked to AIDS.

In 1988, U.S. President Ronald Reagan signed legislation enabling the United States to ratify the United Nations Genocide Convention.

In 1990, Prime Minister Brian Mulroney offered an apology to Canadians of Italian origin forced to live in internment camps during the Second World War.

In 1993, Jean Chretien was sworn in as Canada's 20th prime minister. A few hours after assuming office, he cancelled the previous Conservative government's controversial $4.8-billion EH-101 helicopter deal.

In 1995, Israeli Prime Minister Yitzhak Rabin was shot to death by a right-wing Jewish extremist, Yigal Amir, after having addressed a peace rally attended by more than 100,000 people in Tel Aviv.

In 1997, Mordecai Richler won Giller Prize, Canada's riches literary award, for his novel "Barney's Version."

In 1997, in a landmark decision, a New Brunswick court ruled that aboriginals own the crown lands and forests of New Brunswick.

In 1999, the federal government approved the so-called morning-after pill, to be taken following unprotected sex to reduce the chances of an unwanted pregnancy.

In 2001, former Quebec cabinet minister Gerard Tremblay was elected the first mayor of the amalgamated city of Montreal. (In 2012, he resigned in the midst of a construction corruption

Cont'd on page 22

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Church Services

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church warmly welcomes you to worship with us in person on Sunday, November 6 at 10:30 a.m. Our church is located at 256 Queen St. in Lennoxville. To watch online, go to the YouTube website and search "St. Andrew's Lennoxville" and click on the picture of our church for the online services.

The Word of Grace radio broadcast can also be heard each Sunday morning on the community station CJMQ - 88.9 FM at 8:30 a.m. It can be accessed anytime at www.cjmq.fm.

United

AYER'S CLIFF- MAGOG-GEORGEVILLE PASTORAL CHARGE

Everyone welcome to Beulah United Church in Ayer's Cliff – Worship service at 9:15 a.m. and to St. Paul's United Church, Magog – Worship Service 11:15 a.m. If you would like to join us on Zoom, please call Mel Bryant at St. Paul's in Magog 819-843-3778 or Sue Young for Beulah United Church 819-838-5815 to receive the zoom link. You can also visit our Pastoral Charge web site https://amgunited.wixsite.com/amgunited

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church, welcomes you to worship on Sunday, November 6 at 10 a.m. Remembrance Sunday, Reverend Ron Coughlin. All are welcome. The Lennoxville United Church Women's Christmas Bazaar will be held from 10:00 a.m. to 3:00 p.m. on Saturday, November 19.

RICHMOND

Richmond-Melbourne Pastoral Charge, 247 Principale Sud, Richmond, will be having a Sunday service on November 6 at 10:30 a.m. Shirley Knutson will be leading worship. Everyone is welcome!

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 380 Dufferin, 819-346-6373, and www.plymouthtrinitychurch.org in Sherbrooke, invites one and all to join us in person in our sanctuary at 10:45 a.m. for a Remembrance Sunday worship service on November 6. Or connect via Zoom (telephone or internet); find connection details on our website, or call. A benefit concert in support of the Rodriguez Flores family, living in our building since Nov. 8, 2021, will be held at 3pm on Nov. 13. Joignez-vous à nous dans le sanctuaire à 10 h 45 le dimanche, 6 novembre. Ou, connectez-vous par Zoom (internet et téléphone). Téléphonez-nous ou consultez notre site web pour les détails. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

Datebook

FRIDAY, NOVEMBER 4, 2022

Today is the 308th day of 2022 and the 44th day of autumn.

TODAY'S HISTORY: In 1922, British archaeologist Howard Carter discovered the entrance to King Tutankhamen's tomb in Egypt.

In 1979, the Iran hostage crisis began when militants loyal to Ayatollah Khomeini took 66 American hostages at the U.S. Embassy in Tehran.

In 1995, Israeli Prime Minister Yitzhak Rabin was assassinated by a right-wing Israeli gunman.

In 2008, Democratic Senator Barack Obama of Illinois became the first African American to be elected president of the United States.

TODAY'S BIRTHDAYS: Will Rogers (1879-1935), humorist/writer/actor; Walter Cronkite (1916-2009), journalist; Art Carney (1918-2003), actor; Doris Roberts (1925-2016), actress; C.K. Williams (1936-2015), poet; Laura Bush (1946-), first lady; Kathy Griffin (1960-), comedian; Ralph Macchio (1961-), actor; Jeff Probst (1961-), TV host; Sean "Diddy" Combs (1969-), rapper/producer; Matthew McConaughey (1969-), actor; Vince Wilfork (1981-), football player.

TODAY'S FACT: The peripheral rooms of King Tutankhamen's burial chamber had been looted before Howard Carter's discovery in 1922, while the room in which Tut was actually buried remained completely intact.

TODAY'S SPORTS: In 2001, the Arizona Diamondbacks defeated the New York Yankees 3-2 in Game 7 to win the World Series, making the 4-year-old franchise the fastest expansion team to win the MLB championship.

TODAY'S QUOTE: "My mother's no dummy. She taught the lesson about sacrificing for your kids, but also that if your kids hit it big, they better make it up to you for those years. She's gotten her sacrifices back with interest." – Sean "Diddy" Combs

TODAY'S NUMBER: 444 – days that 52 of the American hostages in Iran were held captive, until Jan. 20, 1981.

TODAY'S MOON: Between first quarter moon (Oct. 31) and full moon (Nov. 8).

Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems

ABC CANADA Literacy Foundation / Fondation pour l'alphabétisation

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

11/4

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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.

PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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

11/5

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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.

PREVIOUS SOLUTION

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Your Birthday

FRIDAY, NOVEMBER 4, 2022

Be open about your feelings and what's important to you. Share your thoughts and intentions, clarify what changes you want to make and put your plans in motion. Check out how much things will cost and set a budget to ensure you finish what you start. Make a passionate plea to a loved one to work with you.

SCORPIO (Oct. 24-Nov. 22) – Take care of domestic responsibilities before someone complains. Lay out a detailed plan that is easy to follow. Being organized will help you take control and get things done on time.

SAGITTARIUS (Nov. 23-Dec. 21) – Show interest in what others do, but don't agree to something that isn't your preference. Set a course that encourages you to set goals that favor professional gains.

CAPRICORN (Dec. 22-Jan. 19) – You'll hear of something that will help you get what you want. This unique opportunity will give you the chance to work with stellar individuals. Don't hesitate; make your move.

AQUARIUS (Jan. 20-Feb. 19) – Use discipline to get where you want to go. Hard work will pay off. Don't be afraid to walk away from situations that you don't like. Avoid risking your health or emotional well-being.

PISCES (Feb. 20-March 20) – Stick to your plan and refuse to let others cost you mentally, physically or financially. An unexpected change will turn in your favor if you are honest and dedicated.

ARIES (March 21-April 19) – Check out your resources; you'll find something that interests you. Knowing what's trending in your field of expertise will give you the edge you need to outsmart your peers. Be careful when traveling.

TAURUS (April 20-May 20) – A change will give you the boost you need to get things done. Avoid negative people who try to bring you down. Pay attention to the way you look, how you feel and whom you love.

GEMINI (May 21-June 20) – Discipline, determination and a low profile will get you where you want to go. Don't believe everything you hear or buy into someone else's dream. Put your energy where it counts.

CANCER (June 21-July 22) – An emotional incident will crush your plans. Choose your words carefully and lay out reasonable procedures. Sticking to the truth and doing things that make you feel good are recommended.

LEO (July 23-Aug. 22) – Think twice before you start a conversation with someone who doesn't share your ideas or beliefs. You'll get further ahead if you recognize what others want and how you can get it to them.

VIRGO (Aug. 23-Sept. 22) – Get together with like-minded people to share information. Talks will lead to positive changes and teach you something that will help you make a difference. Romance is on the rise.

LIBRA (Sept. 23-Oct. 23) – Focus on an activity you enjoy doing; you'll make new friends and learn something. Practice makes perfect, so get to work. You can turn a pastime into a lucrative endeavor.

SATURDAY, NOVEMBER 5, 2022

Balance and equality are the goals this year. Setting a guideline that allows you to detour and still make it to your destination on time will help build confidence and encourage you to make positive adjustments until you are satisfied with the results. Physical and mental attributes will help push you to the winner's circle.

SCORPIO (Oct. 24-Nov. 22) – Socializing with people who offer mental stimulation will encourage you to make personal changes. A creative outlet will ease stress. Don't let people take advantage of you.

SAGITTARIUS (Nov. 23-Dec. 21) – Ignore outside influences or someone trying to lead you astray. Take pride in what you do, how you live and how you contribute to your community. Prepare to say no and to eliminate stress.

CAPRICORN (Dec. 22-Jan. 19) – Do your best to get along with others, try new things or expand your interests and knowledge. Embrace new beginnings and creative endeavors. Don't let your emotions get in your way.

AQUARIUS (Jan. 20-Feb. 19) – Take stock and follow your heart. Don't let what others do influence you or send you down the wrong path. Consider what makes you happy and what you enjoy doing most and head in that direction.

PISCES (Feb. 20-March 20) – You'll develop some original ideas. Don't wait for someone else to take charge. Invest in yourself, and you'll inspire enthusiasm. Refuse to let anyone steal your thunder.

ARIES (March 21-April 19) – Let your passion and persistent attitude carry you to the finish line. How you handle others will determine what you get from them. Spend time with someone offering mental stimulation.

TAURUS (April 20-May 20) – Uncertainty and inconsistency will hold you back. Let the past go and head into the future with optimism and the willingness to try something new. Romance is favored.

GEMINI (May 21-June 20) – Refuse to let someone's pleading push you in the wrong direction. Concentrate on how to stay healthy by changing your routine to ensure proper diet, exercise and rest. Don't take a risk.

CANCER (June 21-July 22) – Personal gain is attainable. Making plans with someone you love will be advantageous. Someone you feel responsible for will require hands-on help. Do what you can.

LEO (July 23-Aug. 22) – Be careful how you handle your domestic affairs. Someone will mistake your intentions or offer misinformation. Evaluate your next move. Precision and attention to detail will be key. Stick to the truth.

VIRGO (Aug. 23-Sept. 22) – Take time for family and friends. The talks you have or short trips you take will give you a different perspective on life and what's available. An unexpected change will spark an idea.

LIBRA (Sept. 23-Oct. 23) – Learn all you can and apply what you know to everyday life. Getting along with others and choosing to do things that allow you to use your talents will put you in an advantageous position.

Sunday horoscope on page 23

Dear Annie

FRIDAY, NOVEMBER 4, 2022

Dear Annie: With respect to your advice to "Loner in the South," who was concerned about whether to attend his elderly mother's funeral after family members have been giving him the cold shoulder for many years, please reconsider the suggestion that he "might regret his decision" by not attending. Honestly, he sounds like a very sensitive person who should find other people who will appreciate his cards, phone calls and remembrances. Use that time and money to take a nice trip to a place on his own bucket list instead!

If his family members don't want him in their lives, please encourage him to turn his attention closer to home and share his affection with people in his neighborhood, local organizations, church, etc., who would be very pleased to have this kind of attention in their lives.

My own mother passed away several years ago and the family simply broke apart, leaving me in the same sort of situation. Between unresolved issues during my mother's illness, shock at the behavior of my siblings at the funeral and then isolation during our separate grieving years, I learned and cultivated strengths and life skills that I would have never acquired had I never made the decision to see that you CAN walk away from people who show you CLEARLY that they are more interested in themselves than they ever will be in you. Accept that fact and it gives you a lot more time to develop a much more interesting and fulfilling life on your own. Good luck! – Happy on My Own

Dear Happy on My Own: Thank you for this optimistic perspective. You are absolutely right; there are plenty of people who would be willing and eager to benefit from "Loner in the South's" positive energy. Still, I hope he attended his mother's funeral for his sake, if not his family's.

Dear Annie: My girlfriend starts arguments by bringing up my children's deceased mother who passed away 13 years ago. She thinks I'm still in love with her and always plays the comparison game between the two. She also gets upset when I refer to my deceased partner's daughter, who she had from a previous relationship, as my stepdaughter.

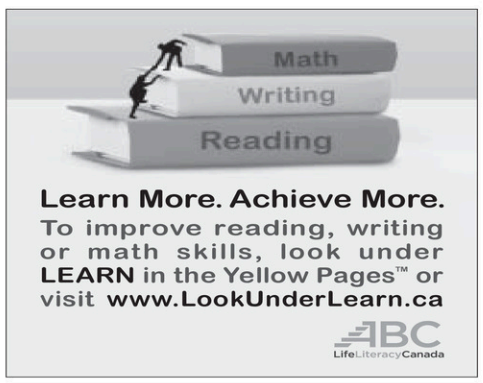
This really frustrates me when she makes these comments. It's a very sensitive subject to me because my kids' mother basically died in my arms while we were together, and it doesn't help for this woman, who I have feelings for, to be digging up old memories after I've spent all of these years trying to heal. For someone who says she supposedly cares about me to also say some of the most hurtful things at the same time and not realize it really stings. – Playing Romantic Referee

Dear Referee: I'm so sorry for the loss of your wife. The death of a spouse is a lifelong ache, and though you have healed in ways since her passing, it's something that will always hold a tender place in your heart. It's very insensitive, and frankly immature, for your current girlfriend to make these sorts of comments about her.

In order to have a future together, you have to explain to your girlfriend how her constantly bringing up the past is impacting your present. Of course you still love your wife – a fact you cannot change, nor can you change that she's the mother of your children. You can simultaneously love and grieve what you once had with your wife while wanting to pursue a new life with your girlfriend. But it doesn't make it easy to do so if she continues trudging up painful memories and insulting the memory of the woman before her. I would suggest couples counseling before you make any long-term commitment to this woman.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit http://www.creatorspublishing.com for more information.

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



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CELEBRITY CIPHER
by Luis Campos

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

"J T P V R U G H T D G L T Y G C V R H S F R X J
K N J T P C R Z H H T D G L P S S G L L N P I. ...
K H ' L T O H T D G S F R X J, D P H E T Z ' H D G
K Z L R Z G." — L G R Z S T Y D L

Previous Solution: "It's always about timing. If it's too soon, no one understands. If it's too late, everyone's forgotten." — Journalist Anna Wintour

TODAY'S CLUE: Z equals X

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.

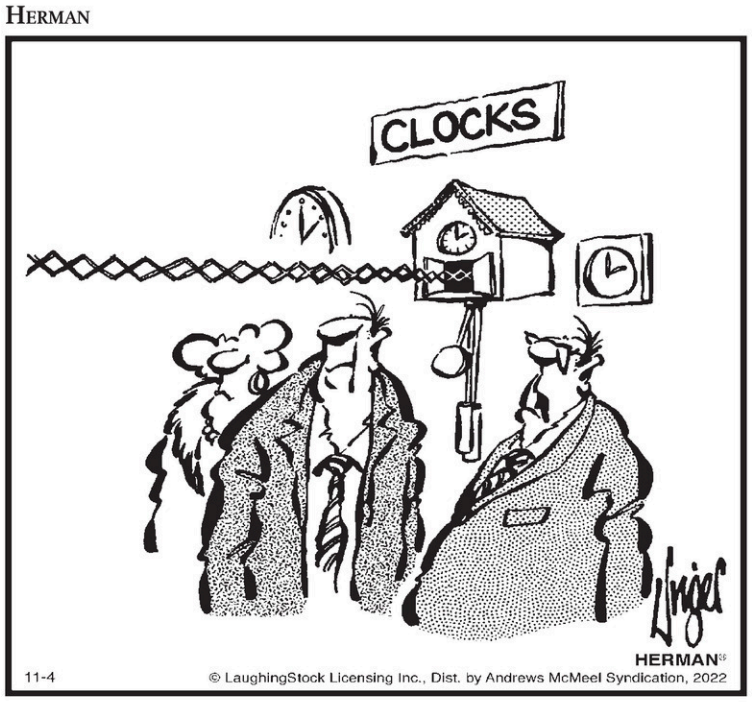
"K A R T K P O V R J P V R N K V H N U O S O
K ' B H R K V H, N W V A O S K V H K V Z J S W V H O
N R R A Z, N U K Z J T K V H W V A C R T T R N K V H
X S O W A D S I B X Z." — J K T A W Z N K V J R V

TODAY'S CLUE: L equals P

Previous Solution: "You have to be somewhat crazy if you want to be successful. ... It's OK to be crazy, but don't be insane." — Sean Combs

REALITY CHECK

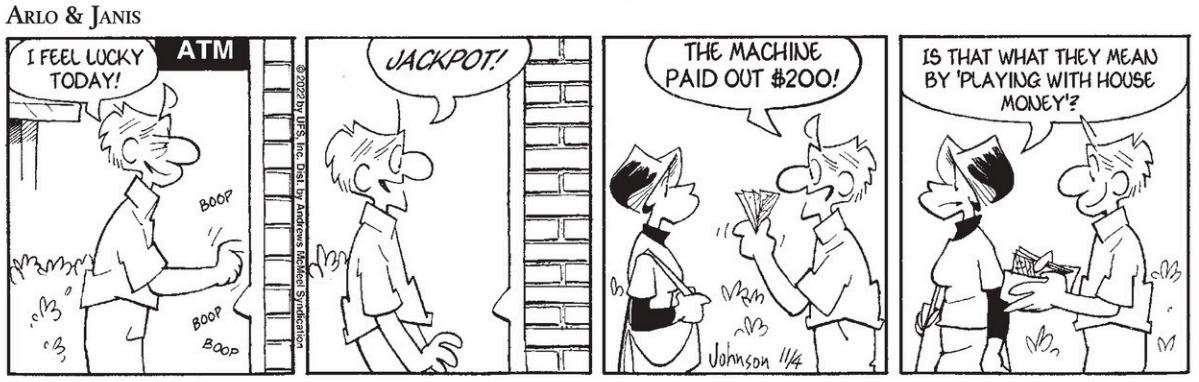
HERMAN



"That's in case you're in the kitchen."

ALLEY OOP

ARLO & JANIS



THE BORN LOSER

FRANK AND ERNEST

GRIZZWELLS

THATABABY

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Diabetes Québec
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Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
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

100 Job Opportunities | 100 Job Opportunities | 100 Job Opportunities | 100 Job Opportunities | 100 Job Opportunities

THE RECORD

The Record has an immediate opening for a circulation clerk to manage the newspaper's daily subscriptions and newsstand distribution

The candidate would prepare address labels for newspapers, update subscription lists, prepare dealer invoices and assist readers, where necessary, in setting up online edition.

The circulation clerk would spend a majority of the time dealing directly with the public - customers, carriers and newsstand personnel. This would require ease of communication in both French and English.

The ideal candidate will be creative, courteous and articulate on the telephone. - The individual must be focused on resolving complaints satisfactorily. Ease in navigating a new computer program and assisting readers in accessing online edition is an asset.

Orientation and training

The candidate would be trained in all aspects of The Record's subscription software and work closely with department heads in the advertising, editorial and accounting departments.

Applications or requests for further information should be addressed to

Sharon McCully, Publisher,
at outletjournal@sympatico.ca

THE RECORD

URGENT

CARRIER NEEDED in Lennoxville

The Record is looking for a carrier in Lennoxville to start **as soon as possible** for the following streets:

- Clough
- William-Paige
- Queen
- Maple Grove

Around 20 customers

If interested, please contact our offices by phone at **819-569-9528** or email at **billing@sherbrookerecord.com**

145 Miscellaneous Services

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

275 Antiques

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

160 Music

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

340 Sales

WATERVILLE
Rummage Sale at St. John's Church, 60 Compton St. West, Waterville on Friday, November 4 from 8 a.m. to 4 p.m. and Bag Day on Saturday, November 5 from 8 a.m. to 1 p.m.

Speak right from the heart.

A donation in memory of a loved one is a gift of hope.

It takes just a few minutes. A card will be sent to the bereaved family as a token of your sympathy and generosity.

1 888 473-4636

HEART AND STROKE FOUNDATION OF QUÉBEC

HANDY POINTERS

on writing a successful classified ad

It's easier than you think

- Prepare an outline of your ad and then write it.
- Be specific – buyers want useful information such as price.
- Group related facts in the same sentence.
- Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.
- Above all, don't forget your telephone number or address and when respondents may contact you.

Today in History

Cont'd from page 18

scandal.)

In 2002, the U.S. expanded the war on terror with its first overt attack on suspected al Qaida operatives outside Afghanistan. A CIA missile strike killed the top al-Qaida operative in Yemen and five others in their car.

In 2002, the Yukon Party was elected to a majority government with Party leader Dennis Fentie becoming the Yukon Territories first premier to come from outside Whitehorse. The party won 12 of the Yukon's 18 ridings.

In 2003, M.G. Vassanji, who won the first Giller Prize in 1994, became the first two-time winner with his novel "The In-Between Life of Vikram Lall."

In 2007, King Tutankhamen's face was bared to the public, the first time the iconic pharaoh had been displayed since he was buried in a golden tomb around 1323 BC.

In 2008, Democrat candidate Barack Obama, 47, become the first African-American president in U.S. history. He defeated Republican John McCain, 72, in a landslide – winning more than 335 of the 538 Electoral College votes. Massive turnout delivered about 136.6 million votes, the second-highest number in the modern era cast for a U.S. presidential election.

In 2008, Michael Crichton, the million-selling author of such historic and prehistoric science fantasies as "Jurassic Park," "Timeline" and "The Andromeda Strain," died of cancer in Los Angeles at age 66. In 1994, he also created the award-winning TV hospital series "ER."

In 2010, Sparky Anderson, the first manager to win World Series titles in both leagues and the only manager to lead two franchises (Detroit, Cincinnati) in career wins, died from complications of dementia at age 76.

In 2011, Andy Rooney, the curmudgeonly commentator who spent more than 30 years wryly talking about the oddities of life for "60 Minutes," died from complications after minor undisclosed surgery. He was 92. Only a month earlier, he gave his final commentary on television's favourite newsmagazine.

In 2015, Liberal Leader Justin Trudeau was sworn in as Canada's 23rd prime minister and named a 30-member cabinet that was predominantly young, ethnically diverse and the first gender-balanced in Canadian history. Bill Morneau became the first political rookie to take on the finance portfolio since 1919 and Jody Wilson-Raybould was the first aboriginal person to be sworn in as justice minister.

In 2017, four years after he walked away from the UFC for a mental breather, Canadian Georges St. Pierre returned to the octagon and defeated Michael Bisping by submission to capture the middleweight championship at UFC 217 at Madison Square Garden in New York.

In 2018, the tiny Pacific territory of New Caledonia voted by 56 per cent to remain part of France in a long-awaited independence referendum. It was the first of three possible referenda on the territory's future.

In 2018, brash American shareholder activist Evelyn Y. Davis, who owned stock in more than 80 public companies and rarely failed to make her presence known at corporate-investor meetings, died in Washington at the age of 89.

In 2019, Elizabeth May stepped down as the leader of the federal Green party after 13 years in the job. She appointed deputy leader Jo-Ann Roberts as her interim successor.

In 2019, colleagues praised Nicholas Kasirer as a nimble legal mind and devoted professional at a ceremony to welcome the newest member of the Supreme Court of Canada. The fluently bilingual Kasirer served on the Quebec Court of Appeal for a decade and spent 20 years as a professor of law at Montreal's McGill University, including as dean of the law faculty. Kasirer was confirmed as a high court judge in August after being nominated by Prime Minister Justin Trudeau. He officially joined the Supreme Court on Sept. 16.

In 2021, Canada joined the U.S., the U.K. and 21 other countries in a historic deal to stop new direct public finance for coal and oil and gas development by the end of 2022. The deal, signed at the COP26 climate meeting in Glasgow, Scotland, also promised more emphasis on financing renewable energy.

In 2021, Britain became the first country to approve a potentially game-changing COVID-19 pill that can be taken from home. Drugmaker Merck's coronavirus antiviral was the first pill shown to successfully treat COVID-19. The antiviral reduces symptoms and speeds recovery, which could ease caseloads on hospitals and help to curb outbreaks in poorer countries with fragile health systems.

(The Canadian Press)

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NEA Crossword Puzzle

ACROSS

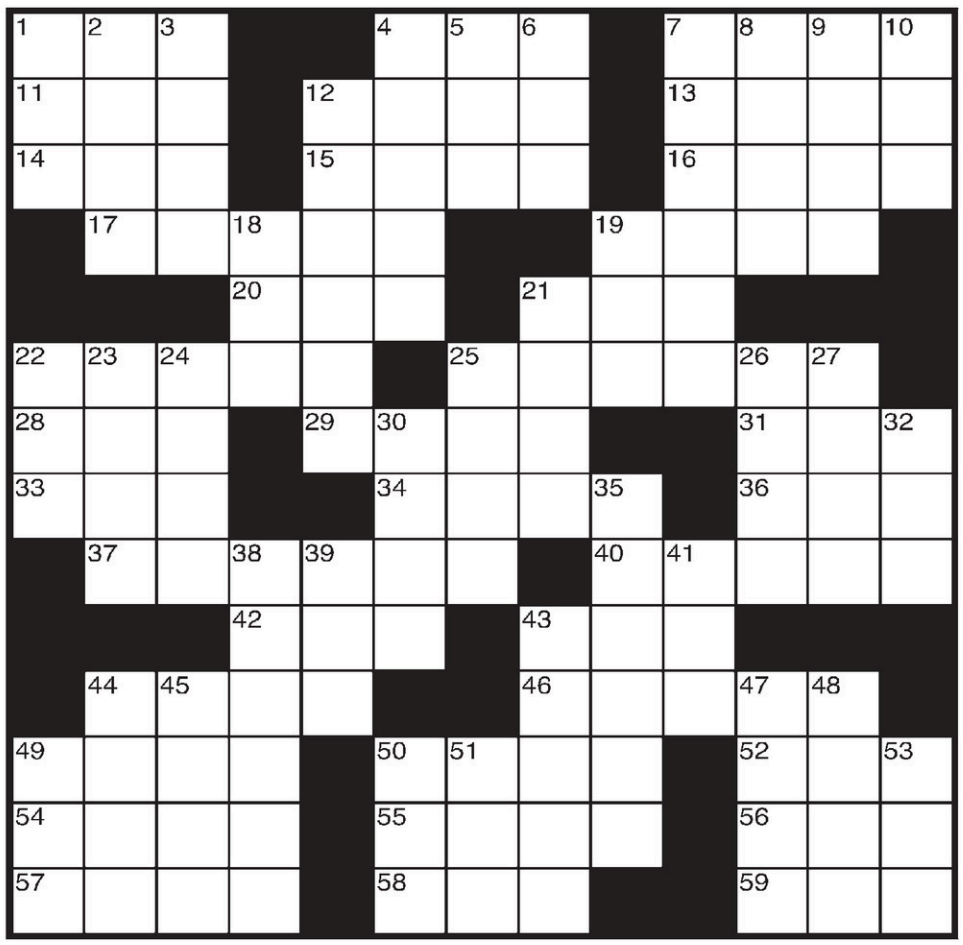
1 Tanker cargo
4 Boastful knight
7 Long-billed wader
11 Catwoman, to Batman
12 Barn neighbor
13 Salt or smoke
14 Deuce
15 Steak cut
16 Furrowed
17 Cuzco site
19 Swine
20 Hearty laugh
21 Actor's prompt
22 Vocal group
25 It joins the Euphrates
28 Gehrig of baseball
29 Add warmth
31 NFC gridder
33 Morse code signal
34 District
36 Want ad abbr.
37 Uproars
40 Threescore
42 Selene's sister
43 Reporter's query
44 Stylishly elegant
46 Bounders
49 Brood
50 Broncos do it
52 Songwriter Janis —
54 Vitality
55 Foreordain
56 — Grande
57 Shed one's coat
58 "You don't say!"
59 House shader

DOWN

1 Frequently
2 Hawkeye state
3 Trotsky's first name
4 Mall stand
5 Boxing great
6 Hither's companion
7 Yuckier
8 Barrel stopper
9 Eye part
10 Put
12 Gumshoe
18 Change color
19 Bulldog cousin
21 Issue a summons
22 Primeval
23 Afro or updo
24 Ballerina's skirt
25 Does road work
26 Mountain goat
27 Bird feeder treat
30 Fall on deaf —
32 Prim
35 On the land
38 Feel bitter
39 Admirer's sound
41 Cash substitute
43 Fierce anger
44 Kind of shirt
45 Gemstone
47 Limerick locale
48 Go yachting
49 Hebrew letter
50 P.O. service
51 Parisian water
53 — de guerre

Answer to Previous Puzzle

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



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Your Birthday

SUNDAY, NOVEMBER 6, 2022

Look for financial guidance and get everything in order. Taking care of sensitive documents, investments and health and legal matters will put your mind at ease and provide insight into what you can afford. Turn your dream into a reality. A home investment will have a positive impact.

SCORPIO (Oct. 24-Nov. 22) – Take the time to check on someone who needs your assistance. A good deed will lead to an unexpected reward. Take on a unique project or try doing things differently. You'll discover a hidden talent.

SAGITTARIUS (Nov. 23-Dec. 21) – Take a pass if the information you receive appears to be invalid. Rely on your intuition to choose what's best for you. Don't let a physical attraction lead to a bad decision.

CAPRICORN (Dec. 22-Jan. 19) – Control your emotions, look at the logistics of a situation and the people involved, and do your best to support positive action. Using force will backfire. Don't risk your reputation.

AQUARIUS (Jan. 20-Feb. 19) – Steer clear of demanding people and changes that don't fit your plans. Think outside the box, and you'll devise a solution that will allow you to get things done your way without interference.

PISCES (Feb. 20-March 20) – Pay attention to what a friend, relative or neighbor is doing. An interesting investment will pay off. A slight adjustment to an idea or plan will lead to success. Romance is featured.

ARIES (March 21-April 19) – Be careful not to sign up for too much. Your high energy will flag if you are too accommodating. Pace yourself, put a plan in place and pay attention to detail. Take pride in your work.

TAURUS (April 20-May 20) – Put in overtime if necessary. Trying to please someone in a position of power will pay off. Getting along, pitching in and participating will all be necessary.

GEMINI (May 21-June 20) – Don't get worked up over something you have no control over. Go about your business, do your own thing and ignore anyone trying to mess with you. Put your time and energy into something that matters.

CANCER (June 21-July 22) – Go over contracts, investments and liabilities and see how you can make some positive adjustments. Obtaining the freedom to live life your way comes at a price. Work hard and reap the rewards.

LEO (July 23-Aug. 22) – Sign up for something that will help you advance. Picking up new skills will put you in a positive frame of mind. Raise your standards and set long-term goals. Protect your health.

VIRGO (Aug. 23-Sept. 22) – Choose something you like to do and include people who make you laugh. A fun time will put you in the right frame of mind to consider new beginnings or projects you want to pursue.

LIBRA (Sept. 23-Oct. 23) – Confusing emotions will surface. Sorting out your differences with a friend or relative will help you adjust to the demands being put on you by others. Discipline and devotion will be key.

FRIDAY, NOVEMBER 4, 2022

A leading play saves a guess for one side

By Phillip Alder

Different schemes for honor leads have been proposed over the years. One that perhaps does not get as much press as it ought is "zero or two higher." If a defender leads a nine or 10 (or jack, for some pairs), he is announcing that he has zero or two higher cards in the suit. If two higher, they are the one above the card led and another at least two higher than that. So the nine would be led from, say, 9-8-x-x or K-10-9-x.

Clever, but as with all leading agreements, the declarer is watching too.

Today's deal was played in four spades at both tables of a match.

At the first table, West led a traditional club jack. Hoping it was from the K-J-10, South called for dummy's queen. Unfortunately, East produced the king. Declarer won and immediately played his diamond, but West shot in with the ace, cashed the club 10 and shifted to a heart. Now South had to lose a trick in each suit.

At the other table, West led the club jack, denying the king. With the K-J-10, he would have led the 10: zero or two higher. Knowing the position, South didn't waste dummy's queen. He won in hand with the ace and played his diamond. West won with the ace, but if he had switched to a heart, declarer would have won in the dummy and discarded his club loser on the diamond king. So West led a club to his partner's king, but now East couldn't attack hearts. After clearing trumps, declarer discarded his heart losers on dummy's diamond winners.

My advice is to use zero or two higher after trick one.

	North ♠ J 6 3 ♥ A 3 ♦ K Q J 10 7 6 ♣ Q 9	11-04-22
West ♠ K Q ♥ 9 8 2 ♦ A 9 2 ♣ J 10 8 6 5		East ♠ 9 7 ♥ K 10 7 6 ♦ 8 5 4 ♣ K 4 3 2
	South ♠ A 10 8 5 4 2 ♥ Q J 5 4 ♦ 3 ♣ A 7	

Dealer: West
Vulnerable: North-South

South	West	North	East
	Pass	1♦	Pass
1♠	Pass	2♦	Pass
2♥	Pass	2♠	Pass
4♠	Pass	Pass	Pass

Opening lead: ♣ J

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Dear Annie

SATURDAY, NOVEMBER 5, 2022

Dear Annie: My mother-in-law, who is 68, has a really bad habit of talking over me when my husband asks me a question. It is getting very irritating because I am trying to teach my 3-year-old daughter that it's not nice to talk over people and to wait her turn. Am I wrong for getting mad at my mother-in-law? Is there a nice way to ask her to stop? Right now, when she does it, I just stop talking.

I haven't said anything to her because it is an extremely sore topic for me. It's not her fault that it's such a sore spot for me, and that's why I haven't said anything. Isn't it conversation etiquette to let the addressed person finish talking? – Let Me Finish, Please

Dear Let Me Finish: You're not wrong to be frustrated by your mother-in-law's constant interruptions. Yes, it is rude to cut people off before they have finished speaking, and when done to us, can make us feel less valued and heard in conversation. But confronting her behavior with silence won't get this message across to her.

Since this seems to be a pattern, you might consider finally sitting down with her one-on-one and telling her that this bothers you. She might not realize she does this, or maybe she's so excited to contribute to conversation that she doesn't perceive her interruptions as inconsiderate. Either way, letting her know directly where you stand and saying your piece will tip her off that she needs to speak less and listen more.

Dear Annie: My best friend and I have been friends for about 45 years, and I love her dearly. We live about 1,200 miles apart. I'm always there for her, and sometimes she's there for me, but not as much as I wish. I don't need anything from her but a listening ear or advice. We stay in contact most of the time, and I have visited a few times and enjoyed the time with her and her family.

However, there have been many times I have texted or called her, and she hasn't responded. Then, there are times when she does answer the phone when she has company, and she completely ignores the fact that I'm on the phone and continues to hold a conversation with them. I would much rather her tell me she has company or that she's busy and will call me back. I have mentioned to her before how this makes me feel. But when she needs a favor, I hear from her several times till her favor has been granted, and after the favor, she ignores my calls and texts. This really hurts, and I'm confused. Am I taking it too personally? – Puzzled Pal

Dear Puzzled: Between work, family, friends and other obligations, everyone is bound to miss a phone call or a text from time to time. But the fact that your friend doesn't give you her undivided attention – or she will when it's of benefit to her – is frustrating. Suggest a set time each week or every other week to chat on the phone or FaceTime together with no distractions. This consistent quality time catching up with one another can help bridge the physical gap and strengthen your bond with one another. One of these catch-ups would also be a good time to address the almost transactional encounters you've had with her, if they persist and you feel comfortable doing so. After four decades of friendship, I'm sure there's very little you can't openly say to a true friend.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit http://www.creatorspublishing.com for more information.

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

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